

D. Read the poster below and fill in the blanks with the correct words according to passage on page 49.

THE FOOD PYRAMID

You must eat healthy food.

What food do you take most often?

Refer to the guidance from the food pyramid to have healthy meals!

STOP taking too much **sugar!**

Eat more vegetables and fruits!

Say NO to oily food!

Source: Ahmad, J. et. al. (2012). Malaysian Food Pyramid. Putrajaya: Ministry of Health