

The Healthy Eating Pyramid

Aim: To use the healthy eating pyramid as a guide to decide what types of food to eat more or less of

Skills: Observing, identifying, analysing, inferring, communicating

Study this healthy eating pyramid. Answer the questions on the next page.



- 1 Which types of food should you eat more of?

- 2 Tom likes wholegrain bread, while Lily likes white bread. Which type of bread should they eat more of, wholegrain bread or white bread?

- 3 Tom eats bread with butter, while Lily eats bread with olive oil. What should they take less of, butter or olive oil?

- 4 Tom likes to eat fish and red meat such as beef. What should he eat less of, fish or beef?

- 5 For a snack, Lily eats potato chips, while Tom eats nuts. Which snack should they eat more of, potato chips or nuts?

- 6 During lunch, Tom drinks soda, while Lily drinks fruit juice. Which should they drink more of, soda or fruit juice? Why?

