



Food Guidelines

Consider the following statement. Is it true or false?

In many American states it is obligatory to take health class at secondary school.

TRUE

FALSE

Listen to the first seconds of the recording and check.

Listen to the rest of the recording and complete the following statements with a maximum of FOUR WORDS.

1. The two objectives of health class are that students should _____
& _____
2. The food pyramid devised in the 1990s was based on _____.
3. Healthy whole grains include _____
4. The food pyramid mixed together healthy proteins like
_____ with not so healthy ones such as red meat.
5. Plant oils like olive and sunflower oil which are not detrimental to health
can be useful to _____
6. The new food pyramid designed in 2005 provoked _____
7. The aim of the US department of agriculture is to _____
8. The new dietary guideline since 2011 is myplate, where half the plate is
taken up by fruit and vegetables whereas _____
occupies just the side.