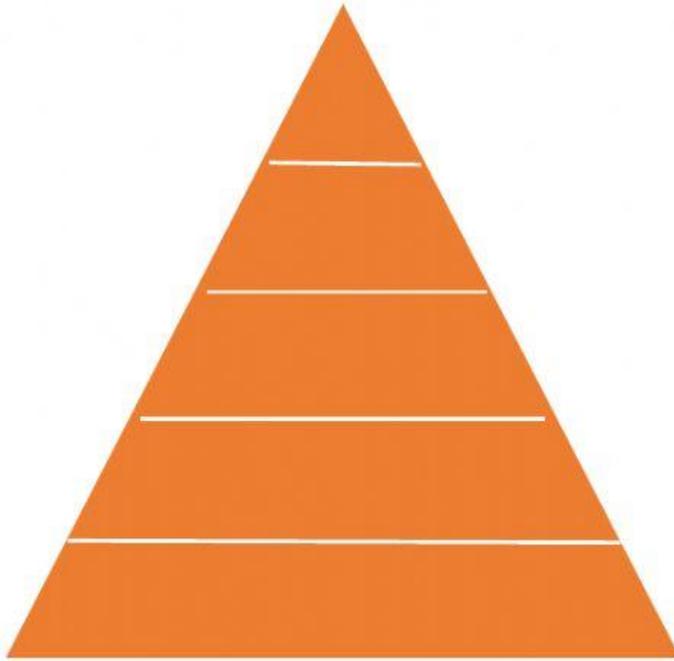


## THE FOOD PYRAMID

1). Match the titles to the right food pyramid step:



- Fruits and vegetables
  - Dairy
- Sweets and fats
- Carbohydrates
- Meat, fish and eggs

Text adaptation from the video

### THE FOOD PYRAMID



Healthy **foods are fundamental** for our existence. They help us **grow, be strong and be healthy**. To eat healthily, we need to learn about **variety and quantities** and follow the **food pyramid**.

The **first step** on the pyramid, **the smallest one** is the one about **fats and sweets**. It's the favourite one by all children. One must **eat very little** or nothing from this step. Pastries and sweeties are delicious but they contain a **high number of calories**, which are very bad for our body and they make us **fatter**.

The **second step** is formed by **meat, fish and eggs**. It is very important to **vary these foods every single day**. You shouldn't just eat meat because you don't like fish. In fact, we should eat more fish and eggs than meat.

The **third step** is all about **dairy**. This group consists of **milk, cheese and butter**. I specially love yogurts. We must **eat these foods from one to three times a day**.

The **fourth step** is **extremely important** because it evolves around **fruits and vegetables**. These foods fill our bodies with **vitamins and minerals** and allow us to stay in shape and be strong. Doctors recommend to **eat these five times a day**.

The **base of the pyramid** is the group of the **carbohydrates**. Here you can find **cereals, bread, pasta, rice and potatoes**. They are also **very important**. So, we must **eat** them **daily**.

We also need to take into account the advice of doctors and nutrition experts. One, let's try to eat at the same time every day and also **drink plenty of water**. Every day we must do some kind of **physical exercise**. If we eat healthy and do exercise, we will grow strong both mentally and physically.

**2). After watching the video and reading the text, fill in the gaps these words in the following sentences. Then, compare your answers in pairs.**

sweets – fish – varied – milk – drink – exercise – calories – dairy – bread – important – carbohydrates – fats – pyramid – high – vitamins – rice – little – minerals – water – vegetables

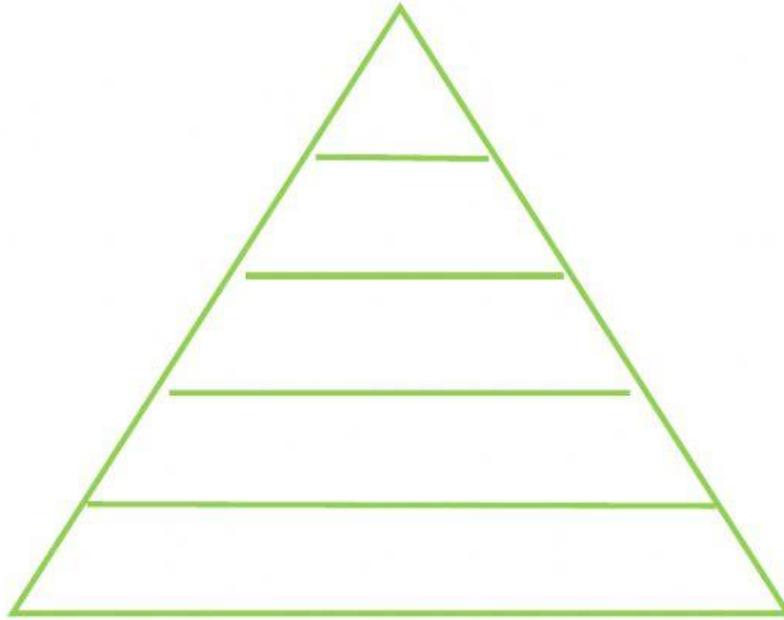
1. A healthy diet has to be .....
2. The smallest step in the food pyramid is about ..... and ..... . We must eat very ..... or nothing from this step.
3. Sweets and fats contain a ..... number of .....
4. It is important that we vary meat, ..... and eggs every day.
5. The ..... group consists of ..... , cheese and butter.
6. The fourth step is extremely ..... because it contains fruits and ..... and fills our bodies with ..... and .....
7. The base of the ..... is the group of the ..... : cereals, ..... , pasta, ..... and potatoes.
8. We also need to ..... plenty of ..... and do some physical .....

ONLY JUNK FOOD? Tururut... 🙅

Name:

Date:

3). Now, in pairs, look at the following food pictures and match them to the corresponding food pyramid step:



<b>lettuce</b> 	<b>chocolate</b> 	<b>strawberries</b> 	<b>lamb</b> 	<b>cheese</b> 
<b>chicken</b> 	<b>broccoli</b> 	<b>pumpkin</b> 	<b>pasta</b> 	<b>beef</b> 
<b>tomatoes</b> 	<b>hake</b> 	<b>chickpeas</b> 	<b>banana</b> 	<b>eggs</b> 
<b>rice</b> 	<b>milk</b> 	<b>salmon</b> 	<b>bread</b> 	<b>ice cream</b> 