

Welcome to Food world

Student's name: _____ Grade: _____ Date: _____

- I. According to the previous exercise, drag the food from the images classifying them into the following food pyramid.

The diagram shows a food pyramid with four levels. To the right of the pyramid are four boxes labeled 'Dairy', 'Protein', 'Fruver', and 'Carbohydrates'. Above the pyramid are various food items: a hotdog, a cracked egg, two fish, a slice of bread, a strawberry, a carton of milk, a tomato, a bunch of grapes, a bar of chocolate, a roasted chicken, a pear, and a pile of mixed vegetables.

- II. Choose the correct answer according to the video about food groups and the lesson studied in class.

- Meat, fish, and beans contain _____ help your body grow.
a. Calcium b. protein c. vitamins d. sugar
- Olive oil, biscuits, ice cream, and butter are _____ that give you energy.
a. Protein b. sugar c. fats d. carbohydrates
- Fruits and veggies produce _____ that protect your body from infections

- a. Vitamins b. protein c. calcium d. sugar
4. Bread, rice, pasta, and potatoes are _____ that give your body energy.
a. Minerals b. calcium c. fiber d. carbohydrates
5. Cereals and grains are important _____ to keep your digestive system good.
a. Protein b. carbohydrates c. fiber d. fats

III. Answer 'T' for True, and 'F' for False.

1. There is protein in fish. _____
2. Sugar and starch are kinds of fat. _____
3. There is carbohydrate in rice. _____
4. A lot of sugar is good for you. _____
5. You shouldn't eat a lot of saturated fat. _____
6. There is vitamin C in cheese. _____
7. All minerals are good for you. _____
8. There is fibre in fruit and vegetables. _____

IV. D. Write the correct words next to the pictures. (meat, vegetables, fruit, biscuits, peppers, rice, cereal, cheese, milk, fish)

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|----|---|-------|-----|--|-------|
| 1. |  | _____ | 6. |  | _____ |
| 2. |  | _____ | 7. |  | _____ |
| 3. |  | _____ | 8. |  | _____ |
| 4. |  | _____ | 9. |  | _____ |
| 5. |  | _____ | 10. |  | _____ |