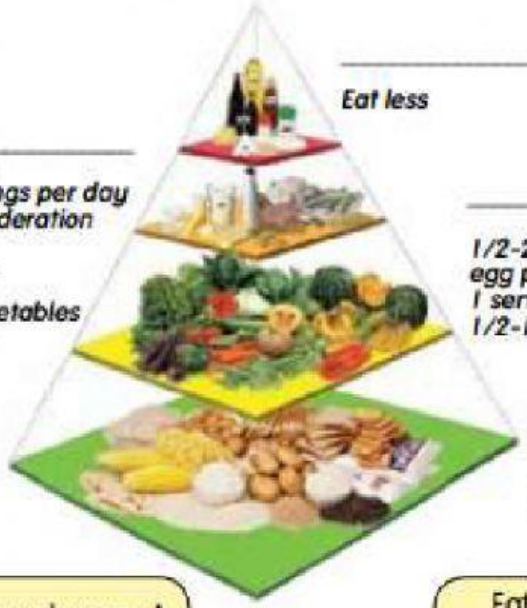
SOW LESSON 12

ENGLISH FOR REMOVE CLASS NAME:
18 FEBRUARY 2021
SKILL READING 3.1.2, 3.1.4
PAGE 50

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!



_____
Eat less

_____
1-3 servings per day
Eat in moderation

_____
1/2-2 servings of poultry, meat, egg per day
1 serving of fish per day
1/2-1 serving of legumes per day

_____
2 or 3 servings of vegetables and fruits per day
Eat plenty

_____
4-8 servings per day
Eat adequately

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

LIVEWORKSHEETS