



Watch the video again and complete the text with the words in the table:

grow - sweets - vegetables - potatoes - calories - fruit - butter - strong - healthy - fats - little - milk - minerals - five - bread - water - physical

Healthy foods are fundamental for our existence: they help us \_\_\_\_\_, be strong and be \_\_\_\_\_. We need to learn about the food pyramid and follow its steps.

**The first step** on the pyramid, the smallest one, is the one about \_\_\_\_\_ and \_\_\_\_\_. It's the favoured one by all children but it is the worst one. One must eat very \_\_\_\_\_ or nothing from this step. They are delicious but they contain a high number of \_\_\_\_\_, which are very bad for our health.

**The second step** is formed by meat, fish and eggs. We should eat more fish and eggs than meat.

**The third step** is all about dairy. This group consists of \_\_\_\_\_, cheese and \_\_\_\_\_. We must eat these foods from 1 to 3 times a day.

**The fourth step** is extremely important because it evolves around \_\_\_\_\_ and \_\_\_\_\_. These foods give us vitamins and \_\_\_\_\_ and allow us to stay in shape and be strong. Doctors recommend to eat these \_\_\_\_\_ times a day. If you do, your body will thank you.

**The fifth step** is the group of the carbohydrates. Here you can find cereals, \_\_\_\_\_, pasta, rice and \_\_\_\_\_. They are also very important so you must eat them daily.

*Doctors say :*

we must try to eat at the same time every day;

we must drink plenty of \_\_\_\_\_;

everyday we must do some \_\_\_\_\_ exercise.

If we eat healthy and do exercise we will grow \_\_\_\_\_ both mentally and physically.