## **\*\*LIVEWORKSHEETS**



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.