Preescolar y Primaria

Name: _____ **November, 10th,2021**

READ THE TEXT AND ANSWER THE QUESTIONS

The food pyramid



You need Food to stay healthy and to give you energy. The Food pyramid shows differents types of foods you can eat.

Fats, oils and sugar are at the top of the pyramid.

You need to eat very Little of there foods.

Cereals and rice are at the bottom of the pyramid. You need to eat a lot of these foods.

Milk products, fruit, vegetables, meat, fish, eggs, nuts and beans are in the middle of the pyramid.

You need to eat some of these foods every day.

1.- Why do you need food?

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2.- Which foods do you need to eat a little?

_____

3.- Which foods do you need to eat a lot?

_____



LIVEWORKSHEETS