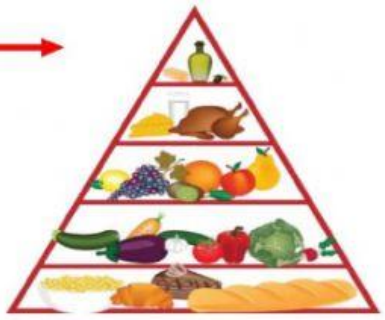
Nam.....No.....Class.....

On the top of the pyramid is fat and oil group. We should eat a little bit from this group because it is high calories.



Exercise 2.1

Directions : Read the following passage and answer the questions.

คำชี้แจง : จงอ่านเรื่อง Food Pyramid แล้วตอบคำถามต่อไปนี้

Food Pyramid

The food pyramid show groups of food that make up a healthy diet. There are five groups of food: protein, fat and oil, carbohydrate, mineral and vitamin. At the bottom of pyramid is the carbohydrate group. It includes rice, bread and cereal. This food group gives us energy. We should eat 6 to 11 servings of this group per day. The next group is divided into two parts. One is mineral which are found in vegetables. Darker colored vegetables have more nutrients and are better for you. We should eat 3 to 5 servings of vegetables per day. The other group is vitamin which includes all kinds of fruits. We

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should eat 3 to 5 servings of fruits every day. Both mineral and vitamin are good for digestion. Going up the pyramid, we have beef, chicken, fish, beans and nuts. This group is a source of proteins. We should eat 2 to 3 servings of proteins per day. At the top of the pyramid is fat and oil group. We should eat a little bit from this group because it is high calories.

Example

0. What is in the top of pyramid?

- ○ Protein
- ○ Vitamin
- ○ Mineral
- ☑ Fat and oil

1. How many food groups are there in the food pyramid?

- ○ There are four food groups in the food pyramid.
- ○ There are five food groups in the food pyramid.
- ○ There are six food groups in the food pyramid.
- ○ There are seven food groups in the food pyramid.

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2. What is in the bottom of pyramid?

- ○ Proteins
- ○ Vitamins
- ○ Minerals
- ○ Carbohydrates

3. How many servings of vegetables we should eat per day?

- ○ We should eat 2 to 3 servings of this group per day.
- ○ We should eat 3 to 4 servings of this group per day.
- ○ We should eat 3 to 5 servings of this group per day.
- ○ We should eat 6 to 11 servings of this group per day.

4. What kind of food does it have vitamin?

- ○ All kinds of fruits have vitamins.
- ○ All kinds of meats have vitamins.
- ○ All kinds of vegetables have vitamins.
- ○ All kinds of breads have vitamins.

5. Which group of food we shouldn't eat too much?

- ○ Mineral
- ○ Vitamin
- ○ Protein
- ○ Fat and oil

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