



5. Based on the food pyramid, which food class you should eat the most?

- A. Dairy
- B. Protein
- C. Grains
- D. Fruits



6. Other than milk, yoghurt and cheese, give two other food from the same class.

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7. What and why should you depend on for servings of your wholemeal intake?

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8. Mayonaise and salad dressings contain a lot of -----.

- A. Fat
- B. Oil
- C. Colouring
- D. Cheese

