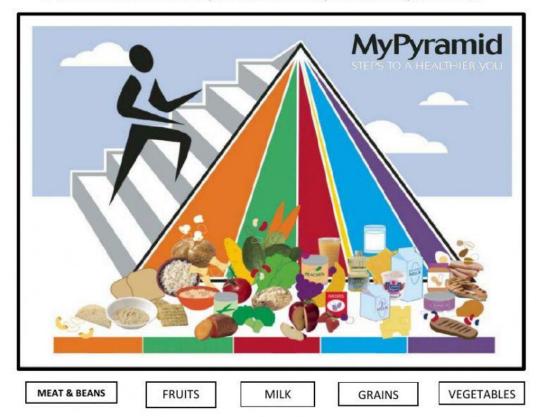
The Pyramid of Choices

1. Complete each food group from the pyramid. Drag and drop.



2. Label each food in this Healthy Eating Plate. Listen. Drag and drop.



Green apples **Aubergines** Oranges Cucumbers Eggs Wheat bread Fish Brown rice Chicken Strawberries Peppers Beef Peas Chickpeas Carrots Broccoli Pasta Bananas Granola

3. What do you remember about the story? Now, read and choose the right answer.

What does Mr Albert say about vegetables?

- a) Do not eat vegetables if you do not want to.
- b) Vegetables give you lots of energy
- c) Never eat vegetables that are crunchy.
- d) Only green food are vegetables

What does the yellow stripe represent?

- a) Banana
- b) Oil
- c) Exercise
- d) Meat and beans

What do the stairs represent?

- a) Bananas
-) Oils
- Exercise
- d) Meat and beans

How do you know that you should eat more grains and less meat?

- a) The grains stripe is orange
- b) The grains stripe and the meat stripe are the same size.
- c) The grains stripes is wider than the meat stripe.
- d) The grains stripe comes first.