



## THE FOOD PYRAMID



**Activity 2. Watch the video and fill in the gaps Use the words you have in the chart.**

PROTEINS	FATS	HEALTHY	PASTA	MILK	CALORIES
CARBOHYDRATES	FISH	DAIRY	EGGS	SWEETS	CHEESE
VEGETABLES	FRUIT	BUTTER	VITAMINS	CEREALS	MINERALS
POTATOES	MEAT	RICE			

**The first step** on the pyramid: \_\_\_\_\_ and \_\_\_\_\_. It is the smallest one, the favored one by all children!

But watch out! It's not \_\_\_\_\_ because pastry's and sweeties contain a high number of \_\_\_\_\_, which are very bad for our body. They make us fatter.

Many doctors agree that this sector is very bad for our health!

**The second step** is formed by \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_, the \_\_\_\_\_. It is very important to vary these foods every day. You shouldn't just eat meat because you don't like fish. In fact, we should eat more fish and eggs than meat!

**The third step** is all about \_\_\_\_\_. This group consists of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. We must eat these foods from one to three times a day!

**The fourth step** is extremely important because it consists of \_\_\_\_\_ and \_\_\_\_\_. These foods fill our bodies with \_\_\_\_\_ and \_\_\_\_\_ and allow us to stay in shape and be strong.

Doctors recommend to eat these 5 times a day, if you do it your body will thank you!

The base of the pyramid, **the fifth step**, is the group of the \_\_\_\_\_. Here you can find \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. They are also very important so we must eat them daily.