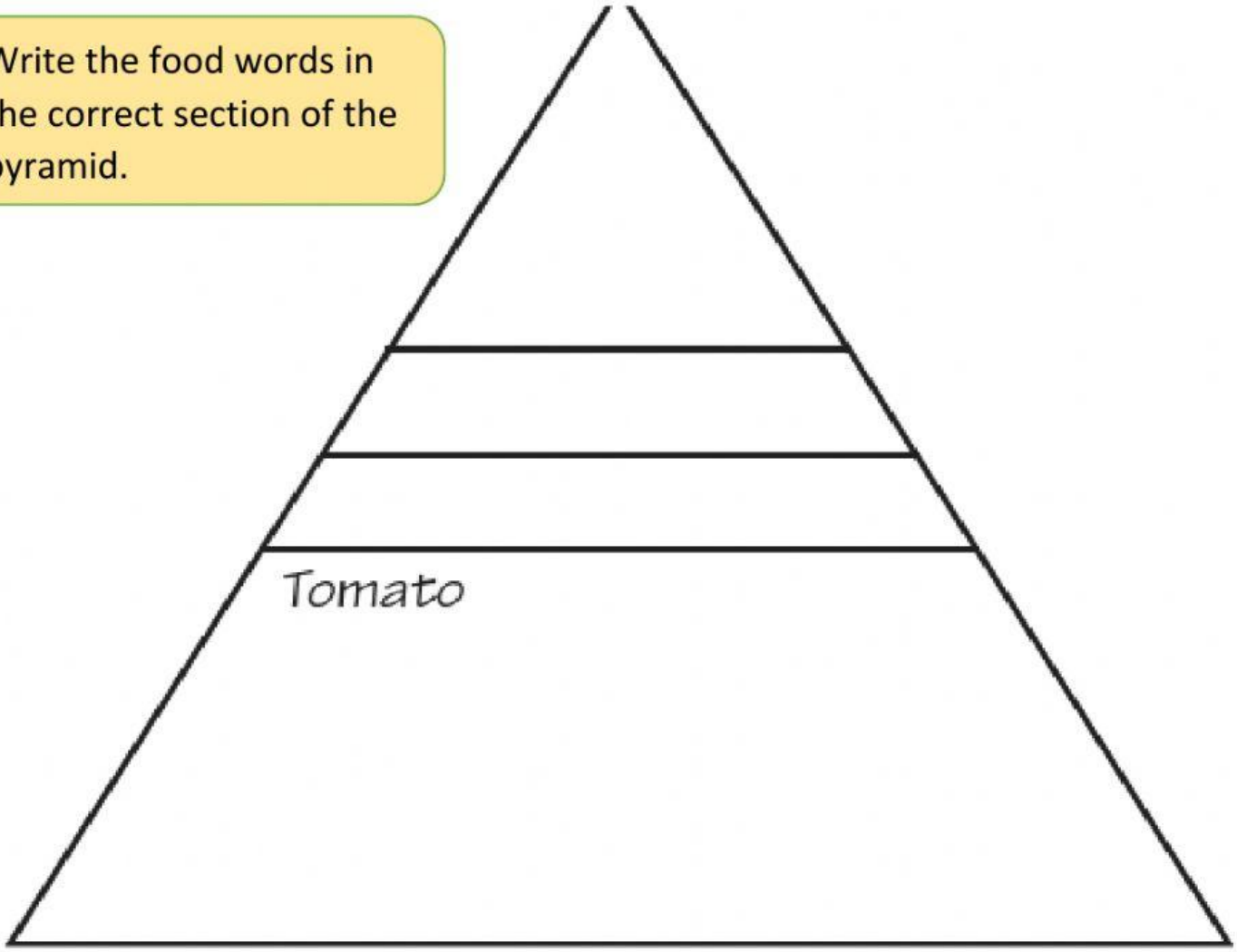
The Mediterranean Diet

Write the food words in the correct section of the pyramid.



Grapes

Chocolate

Garlic

Tomato

Beef

Carrots

Grapes

Lamb

Chicken

Nuts

Cheese

Prawns

Sugar

Olive oil

Olives

Aubergine

Rice

Yoghurt

Fish

Orange

Bread

LIVEWORKSHEETS