

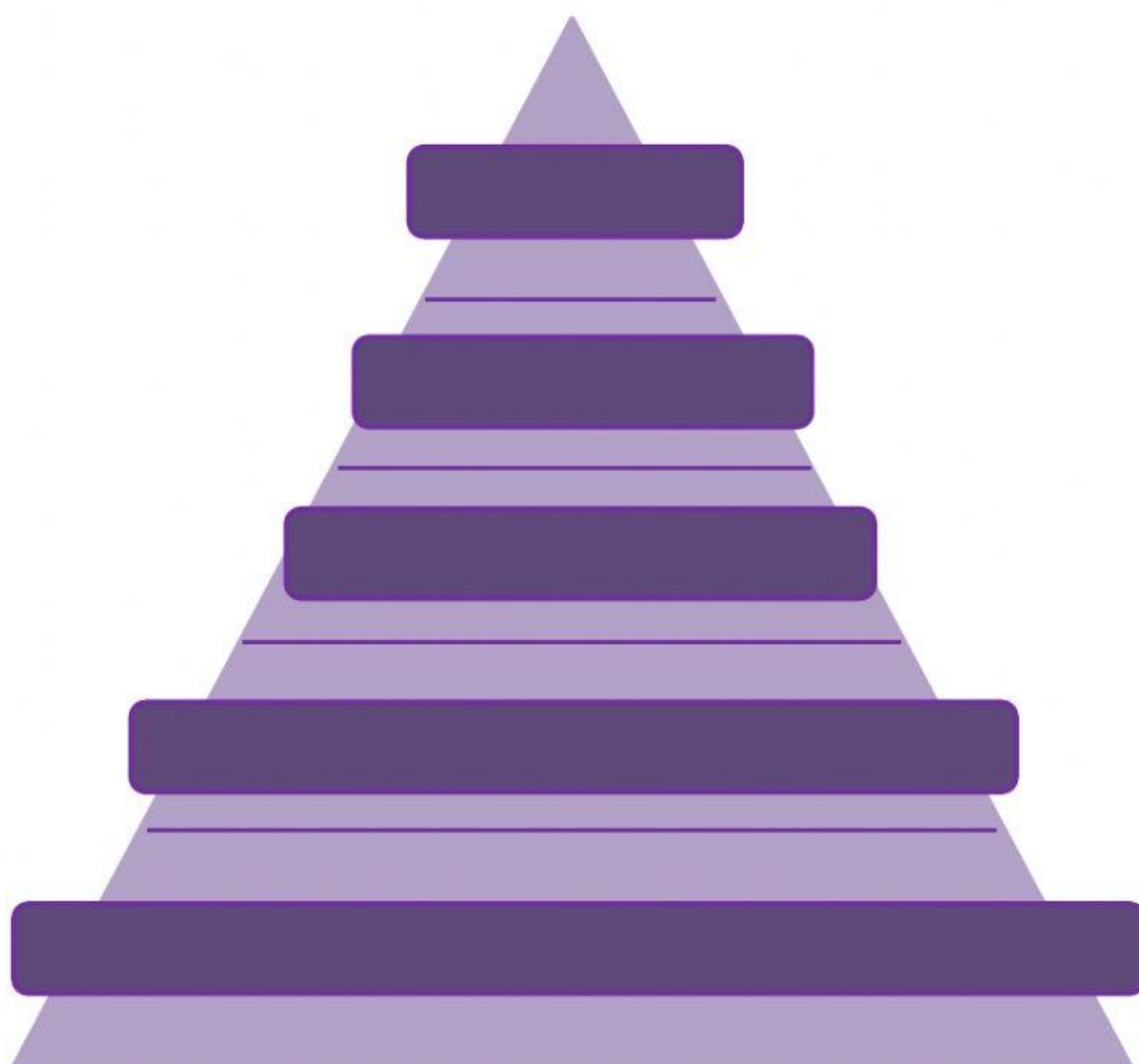


"HEALTHY HABITS"



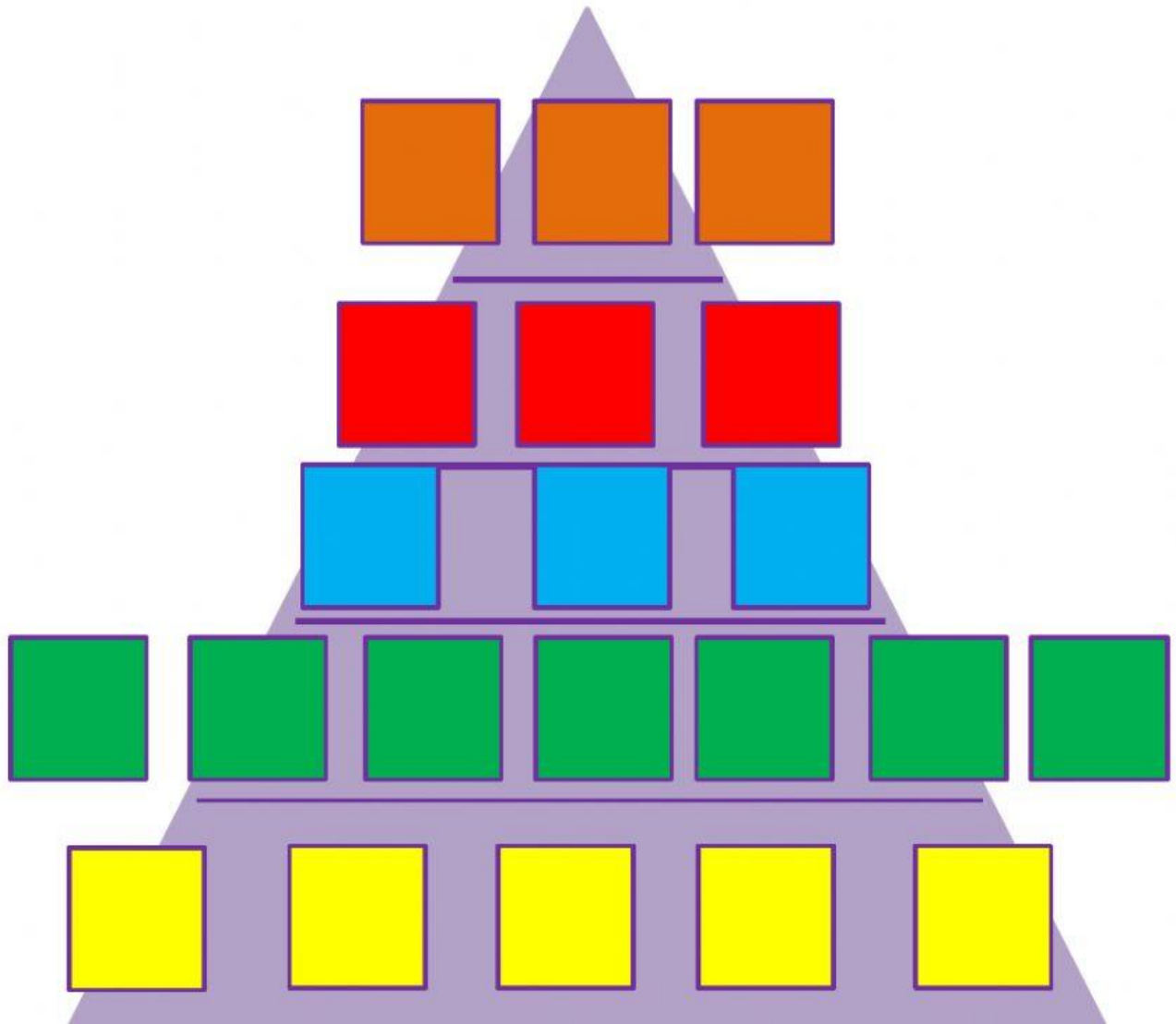
1 How many food groups are there in the food pyramid?

2 Write the names of each food group.



3

What food belongs to each food group? Drag the drawings to each food group.



4

What is the frequency advised to consume each food group?



We need to eat Carbohydrates



We need to eat Proteins



We need to eat fruit and vegetables and fruits



We need to eat Dairy products



We need to eat Fats and sweets

5

What is the benefit of each food group?
Match.

Carbohydrates

Dairy products

Proteins

Vegetables and fruits

Fats and sweets

Are good for our bones and teeth

Keep us healthy

Give us energy.

Help us grow

6

What are the habits to stay healthy?
Write.

