



THE FOOD PYRAMID

Watch the video and complete the text
writing the words in the table



Teacher Alessia

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 favoured 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.