

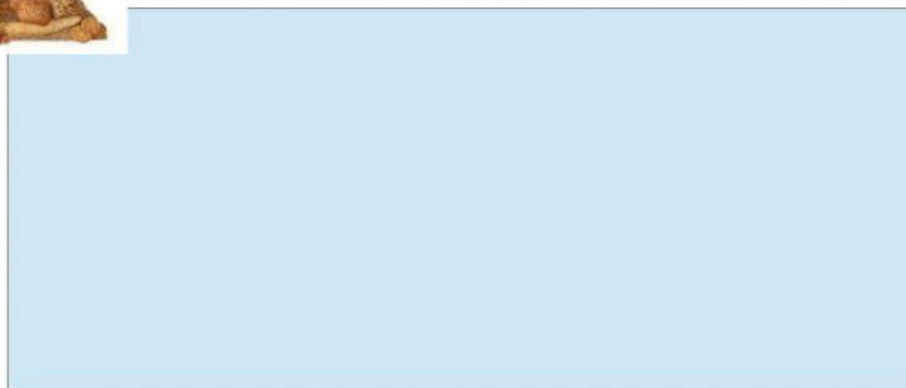


## THE FOOD PYRAMID

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 sweetsies 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.