



Reading



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A. Read the following passage.

The Importance of Food Pyramid

A food pyramid consists of four food levels that represent five food groups. It is a simple guide in taking different types of food according to the total daily food serving suggestions.

The first food level is the main source of carbohydrate that provides energy. Besides that, it also provides fibre and vitamins to help lower the cholesterol and blood glucose levels. The food includes rice, noodle, bread and cereal.

The second food level offers more vitamins and minerals to make you strong. The food is from the fruits and vegetables families. To avoid being sick, doctors suggest choosing green vegetables and fresh fruits.

Then, the third level consists of fish, poultry, meat and legumes. They would provide you with protein, vitamin B and zinc. You must choose chicken and meat that are low in fat and cholesterol in order to have a balanced meal.

Next is milk and dairy products. These foods are high in protein, rich in calcium and have a wide range of minerals. Hence, you should practise drinking milk and eating dairy products to build strong bones and teeth.

The last food level is fats, oils, sugar and salt. It is the highest level of the food pyramid as these foods should be taken in small amount only to prevent illnesses such as diabetes.

B. Write YES for true statements and NO for wrong statements.

1. We should take fats, oils, sugar and salt moderately.	
2. To avoid high cholesterol and blood glucose levels, we should include fruits and vegetables in our diet.	
3. Foods that are high in protein could cause chronic diseases.	
4. Fast foods are high in vitamins and minerals.	
5. High intake of carbohydrate is considered as a balanced meal.	