



Activity 24

Empty calories

Circle which of the foods below are considered to have empty calories and should not be eaten often.



Activity 25

National Nutrition Guide

Use the information given in the National Nutrition Guide to write down the colour used for each of the following food groups in the Burj Khalifa model.

Food

Colour

Fruit

Vegetables

Milk and dairy foods

Meat, eggs and legumes

Cereals and their products

Water

National Nutrition Guide

- Vegetables
- Fruits
- Fats
- Water
- Cereals and their products
- Milk and dairy foods
- Meat, eggs and legumes

