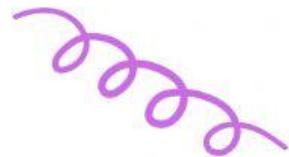


5. Based on the food pyramid, which food class you should eat the most?

- A. Dairy
- B. Protein
- C. Grains
- D. Fruits



6. Other than milk, yoghurt and cheese, give two other food from the same class.

7. What and why should you depend on for servings of your wholemeal intake?

8. Mayonaise and salad dressings contain a lot of _____.

- A. Fat
- B. Oil
- C. Colouring
- D. Cheese

