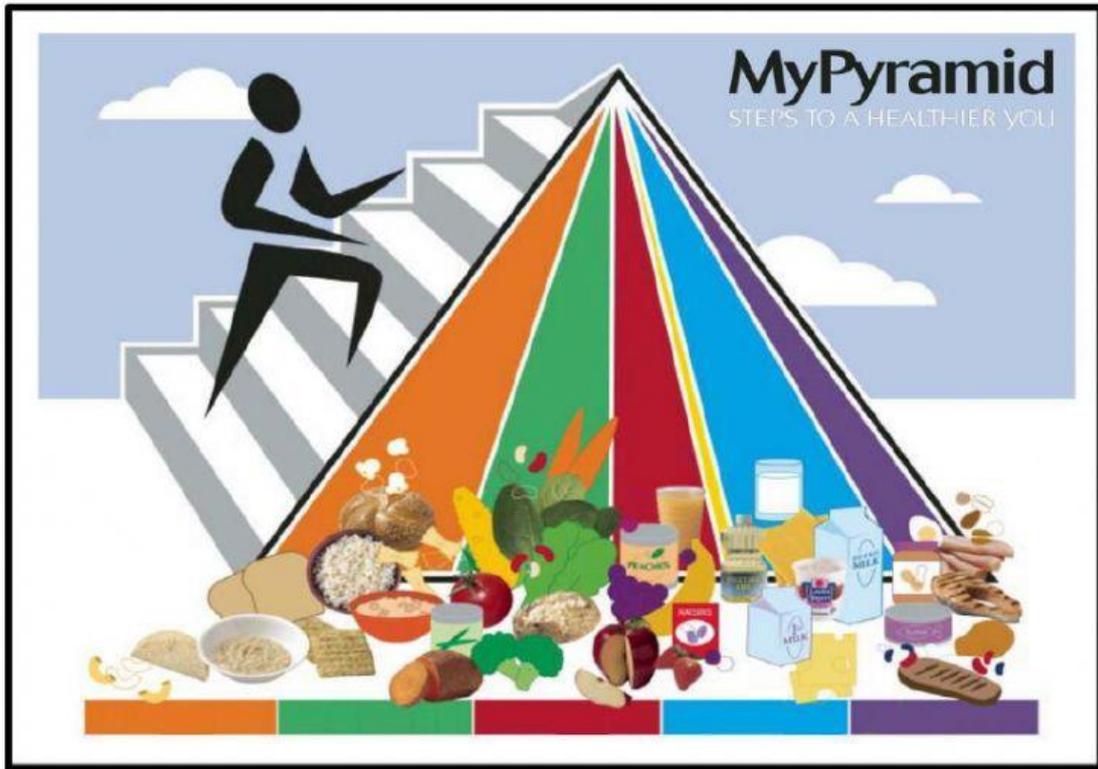


The Pyramid of Choices

1. Complete each food group from the pyramid. Drag and drop.



- MEAT & BEANS
- FRUITS
- MILK
- GRAINS
- VEGETABLES

2. Label each food in this Healthy Eating Plate. Listen. Drag and drop.

- Green apples
- Aubergines
- Oranges
- Cucumbers
- Eggs
- Wheat bread
- Fish
- Brown rice
- Chicken
- Strawberries
- Peppers
- Beef
- Peas
- Chickpeas
- Carrots
- Broccoli
- Pasta
- Bananas
- Granola

**3. What do you remember about the story? Now, read and choose the right answer.**

What does Mr Albert say about vegetables?

- a) Do not eat vegetables if you do not want to.
- b) Vegetables give you lots of energy.
- c) Never eat vegetables that are crunchy.
- d) Only green food are vegetables

What does the yellow stripe represent?

- a) Bananas
- b) Oils
- c) Exercise
- d) Meat and beans

What do the stairs represent?

- a) Bananas
- b) Oils
- c) Exercise
- d) Meat and beans

How do you know that you should eat more grains and less meat?

- a) The grains stripe is orange
- b) The grains stripe and the meat stripe are the same size.
- c) The grains stripes is wider than the meat stripe.
- d) The grains stripe comes first.