1.- LISTEN AUDI 1 AND COMPLETE:

There are several ways of presenting the recommendations for a healthy_____ The most well-known of these include the _____ _____ , the healthy eating pyramid and the healthy eating plan.

All of them come with the recommendation to do _____ _____and stay well _____

- The food wheel

The food wheel is a visual representation of both the amount and the type of _____in a balanced _____. It also includes advice about physical exercise and hydration.

The foods are divided into six different-coloured sections (yellow, red and green) that indicate the food group (there are six), the function of the main _____ (energy-producing, body-building or body-regulating), and the frequency and _____ we must eat (the bigger the section, the more we must eat).

This is one of the most common representations of diet recommendations. For example, the Spanish Society for Dietetics and Food Science uses this approach

2.-NOW, ANSWER THESE QUESTIONS ABOUT THE WAYS OF PRESENTING THE RECOMMENDATIONS FOR A HEALTHY LIFESTYLE

1. **How many representation of a healthy life style do you know? Which recommendations do they include?**

a) The food wheel, the healthy eating pyramid and the healthy eating plan. All of them come with the recommendation to do physical exercise and stay well hydrated.
b) The food wheel, the healthy eating pyramid and the healthy eating plan, but just the pyramid comes with healthy recommendations
c) The Wheel, the pyramid and nutriconist´s diet, All of them come with the recommendation to not drink water while eating and not sleep more than 5 hours at a day.

2. **What does the food wheel represent?**

a) It represents the amount of food and exercise that we must do

b) It represents all the nutrients we must eat at a day

c) It represents the amount and the type of food in a balanced diet.

3. **Why do food groups 5 and 6 have a green background, and groups 1 and 2 have a yellow background?**

   a) Groups 5 and 6 have a green background because they have a body-regulating function.

b) Groups 5 and 6 have a green background because they have a body-building function.

c) a) Groups 5 and 6 have a green background because they have a energy-producing function.

4. Why is the section for group 4 smaller than the section for group 1?

a) Because the group 4 foods of milk and dairy products must be consumed in smaller quantities than the foods of group 1.
b) Because the group 4 foods of milk and dairy products must be consumed in bigger quantities than the foods of group 1.
c) Because the group 4 foods of grain products must not be consumed **.**

5.- ***How many levels have the eating pyramid? What does each of them indicate?***

a) The healthy eating pyramid have six levels that represent lifestyle, eating and health-related behaviours, and food consumption frequency.

Level 1 (the base) indicate actions that maintain a healthy lifestyle like physical activity, emotional balance and adequate hydration.

- The next three levels: foods that should be eaten daily.

- The fifth level: foods that should be eaten weekly.

-And the sixth level: foods that should only be eaten occasionally and in moderation.

b) The healthy eating pyramid have five levels that represent lifestyle, eating and health-related behaviours

Level 1 (the base) indicate foods that should be eaten daily.

Level 2-6 foods that should only be eaten occasionally and in moderation.

c) The healthy eating pyramid have six levels that represent lifestyle, eating and health-related behaviours.

Level 1 (the base) indicate healthy behaviours

Level 2-5 foods that should only be eaten occasionally

Level 6: foods that should only be eaten daily.