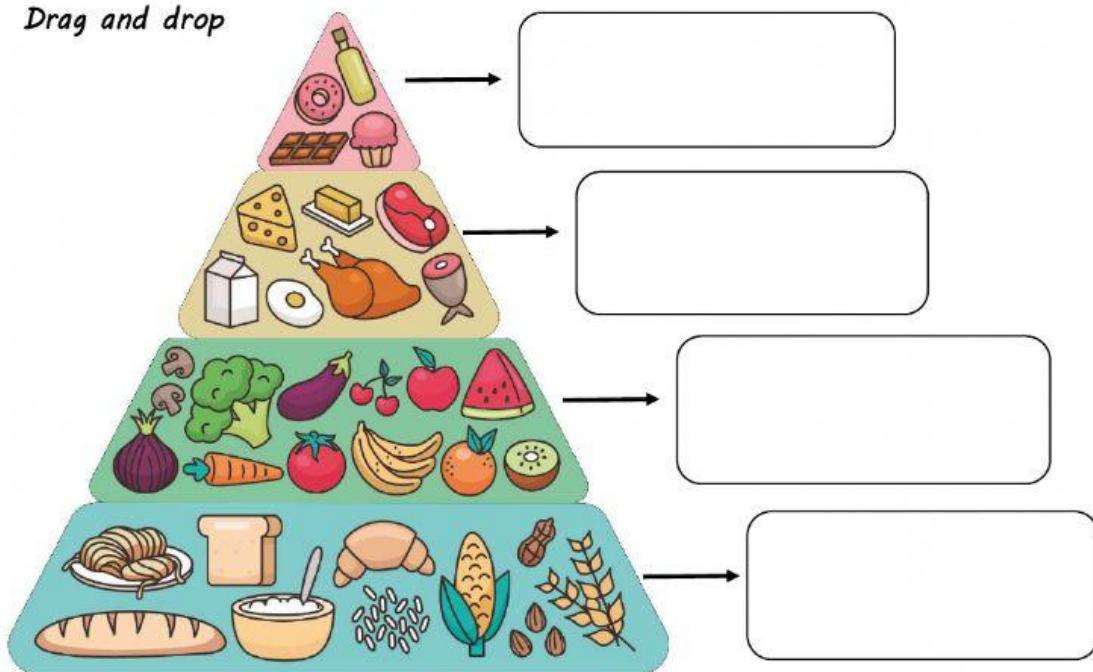


# THE FOOD PYRAMID

Drag and drop



Fruits and vegetables

Meats and proteins  
Dairy products

Fats and sweets

Grains

*Listen, read and choose the correct option:*

1. They give us energy to digest food.



Grains



Fats and sweets

2. They help our bodies to heal and fight infections.



Meats and proteins  
Dairy products



Fruits and vegetables

3. It provides iron and protein which help us build our muscles.}



Meat



Grains

4. It contains calcium which helps to build strong bones and teeth.



Fats and sweets



Dairy products