

Date. Tuesday August 3 2021

Healthy, Eating, Food Pyramid

- Eat Most - Grains
- Eat More - Vegetables and Fruits
- Eat Moderately - Meat - fish - egg and alternatives
- Eat Less - Fat / oil, Salt and sugar

Pyramid food Teenagers


- Grains, 4-6 bowls
- Vegetables: at least 3 servings
- Fruits at least 2 servings
- Meat fish, alternatives 4-5 teals
- Milk or alternatives 2 servings
- Fat / oil Salt and sugar: eat the least
- Fluid - 6-8 glasses

	Vegetables	Fruits	cereals	Drinks	Meals
1	Tomato	Plum	Kiwi	Beer	Burger
2	carrot	Kiwifruit	Hazlenut	Juice	Ice cream
3	Beet	coconut	Chesnut	cocklet	Pizza
4	Lettuce	Strawberry	Tosted	Wine	Hot dog
5	onion	Fig	Almond	Coffee	Choclet
6	Broccoli	lemon	Raisin	Milkshake	Potatoes
7	Pumpkin	Berries	Pistachio	Sprits	Donut
8	Cucumber	cherries	Walnut	Fizz	Coca cola
9	Peanut	Grapes	Sunflower	Drinks	Nuggets
10	Eggplant	Melon	seed	Tea	meat
11	Potatoes	Tangerine	Peanut	limonade	egg
12	Pepper	pear	Rice	water	Potatoes
13	Mushroom	Mango	Pipa	orange	Juice
14	Zucchini	Avocado	Tosted	Juice	Tost
15	Rom	Banana	Mize	Almond	hot dog

Date: Friday 6 August 2021

The Food PYRAMID (Did you know)

ay diferentes grupos de comida ya sean buenas o mal para tu salud y es importante que te guides

2. The dairy groups is Meat 

3. You can get sick from the excess of so much salt or sugar

4. Its important since they bring us nutrients and vitamins that help us to have defenses for our body

5 Meat fruit and dairy are my favorites