

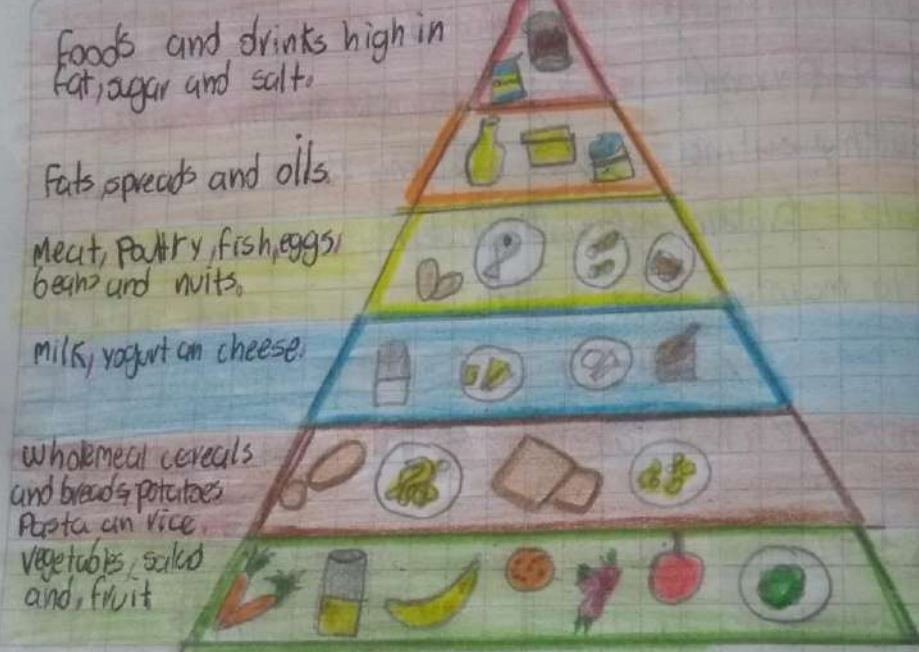
## The food of pyramid

The food of pyramid is designed to make healthy eating easier. Healthy eating is about getting the correct amount of nutrients - Protein, fat, carbohydrates, vitamins and minerals you need to maintain good health.

### Activity

complete the next chart according to the information.

Protein	Fat	carbohydrates	vitamins	Minerals
Meat	avocados	fruit	Mango	nuts
Fish	butter	bread	salmon	legume
Milk	oils	Pasta	Broccoli	fish
Egg	Peanuts	rice	almonds	seeds
Soy	olives	Potatoes	avocado	seafood
Cereals	salmon	Beans	olive oil	mushrooms
seafood	sardine	lentils	Pumpkin	cereals



Date:

### Healthy eating Food pyramid

- Eat most - Grains
- Eat more - Vegetables and fruits
- Eat moderately - Meat, fish, egg and alternatives (including dry beans) and milk and alternatives.
- Eat less - Fat, oil, salt and sugar
- Drink adequate amount of fluid (including water, tea, clear soups) every day

## Healthy eating food pyramid for teenagers (aged 12 F 17)

- Grains: 4-6 bowls
- Vegetables: at least 3 servings
- Meat, fish, egg and alternatives: 4-6 tael
- Milk and alternatives: 2 servings
- fat/oil, salt and sugar: eat the least
- Fluid: 6-8 glasses

Complete the next chart:

Vegetables	Fruits	Cereals	Drinks	Meats
1) Onion	Apple	Rice	Coffee	Bacon
2) Broccoli	Banana	Oats	tea	Beef
3) Carrot	Blackberry	Barley	Water	Chicken
4) Tomato	Cherry	Rye	Lemonade	Duck
5) Cucumber	Coconut	Flax	Milk	Lamb
6) Cabbage	Grape	Corn	Juice	Mutton
7) Celery	Lemon	Millet	Soda	Pork
8) Radish	Mango	Wheat	Milkshake	Quail
9) Spinach	Melon	Beans	Herbal tea	Turkey
10) Aubergine	Orange	Buckwheat	Hot beverage	Veal
11) Cauliflower	Raspberry	Peas	Chamomile tea	Venison



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12) Garlic	Peach	Soybeans	iced tea	Red meat
13) Zucchini	Pineapple	lentils	Orangeade	Lean meat
14) Lettuce	Peanut	Quinoa	Mint tea	Partridge
15) Parsley	Watermelon	Wild rice	fruit juice	Sausage

cutting.

module

Lo que entendí es que hay algunos grupos de comida que no son sanos pero hay algunos que si son sanos

- Why are the groups presented in a pyramid? what does it mean?  
Because it is classified by levels to maintain a balanced diet.

- According to the image, what are dairy products?  
it is a protein that we consume daily.

Why is it important for us to eat carbohydrates?

Because carbohydrates are broken into glucose and this is the main source of energy for cells.

- What would happen if we ate a lot of food high in fat, sugar and salt?

Can trigger disease such as diabetes or hypertension.