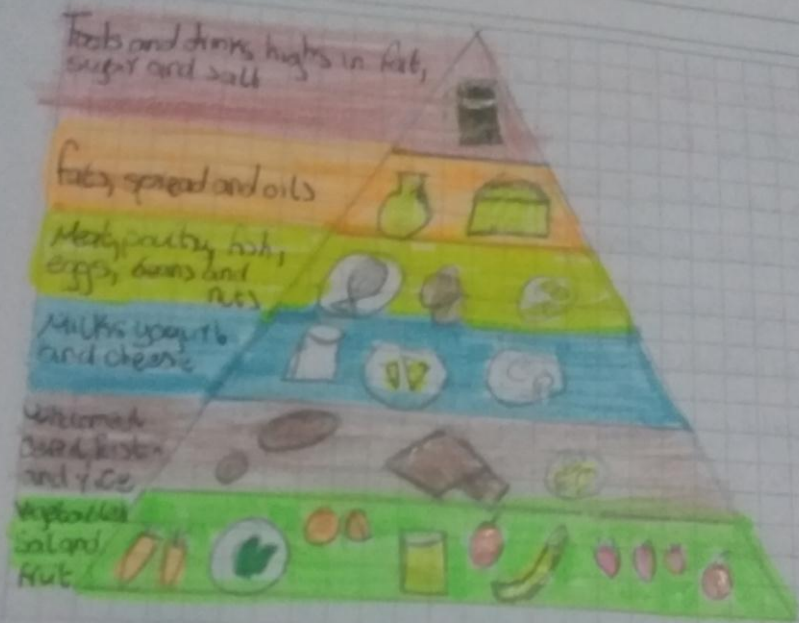


del Santo Cura de Ars



Healthy Eating Food Pyramid

- Eat most - Grains
- Eat more - Vegetables and fruits
- Eat moderate - Meat, fish, eggs and alternatives (including dry beans) and milk and alternatives.
- Eat less - fat, salt and sugar
- Drink adequate amount of fluid (including water, tea, plain, soup, etc) every day.

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Healthy Eating Food Pyramid for Teenagers (aged 12 to 17)

- Grains: 4-6 bowls
- Vegetables: at least 3 servings
- Fruits: at least 2 servings
- Meat, fish, eggs and alternatives: 4-6 bowls
- Milk and alternatives: 2 servings
- Fat, oil, salt and sugar: eat the least
- Fluid: 6-8 glasses

Complete the next chart

Vegetables	Fruit	Cereals	Drinks	meats
1 Broccoli	Banana	oats	tea	Beef
2 Tomato	Cherry	Rye	Lemonade	Pork
3 Celery	Lemon	millet	Soda	Pork
4 Spinach	Melon	beans	Herbal tea	Turkey
5 Carrot	Blackberry	barley	water	chicken
6 Onion	Apple	rice	coffee	Bacon
7 cauliflower	raspberry	peas	chamomile tea	Venison
8 Potato	Mango	wheat	milkshake	Quail
9 Aubergine	Orange	Buckwheat	Hot beverage	Veal

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The food of Pyramid

The food 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.

Activities

Complete the next chart according to the information.

Protein	Fat	Carbohydrates	Vitamins	Minerals
Meat	Avocado	Fruit	Mango	nuts
chicken	monounsaturated	Carbon	Vitamins B3	Calcium
Bread	Avocado	Carbon	Riboflavin	Magnesium
Eggs	Peanut	Rice	almonds	seeds
fish	Butter	Bread	Salmon	legume
Cereals	Salmon	Beans	olive oil	fresh fruits
Dairy	olives	Potatoes	avocado	Seafood

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10 Garlic	Peach	Soybeans	Iced tea	Red meat
11 Parsley	Watermelon	wild rice	fruit juice	Sausage
12 Lettuce	Peanut	Quinoa	Mint tea	Pastrami
13 Zucchini	Pineapple	Chickpeas	lentils	lean meat
14 Cabbage	Grape	Corn	Juice	Mutton
15 Cucumber	Coconut	flour	Milk	Lamb

Brownie with nuts and chocolate chips.

Ingredients:

2 1/2 cups flour, 2 large eggs, 1 cup all purpose flour, 1 cup

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Modelo

Lo que entendi del texto es que hay diferentes grupos de grasa y hay grasas buenas como tambien malas.

- Why are the groups presented in a pyramid? What does it mean to classify them.

= According to the image, What are dairy products? why are they proteins?

- Why is it important for us to eat carbohydrates?

Because it is the main source of energy for cells.

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