



Date: 2nd August 2021

Healthy Eating Food Pyramid

- Eat most Grains
- Eat more Vegetable 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, soup, etc) every day

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

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

Vegetables	Fruits	Cereals	Drinks	Meats
spinach	Strawberry	Barley	Water	ham
broccoli	raspberry	buckwheat	Tea	bacon
green peas	lemon	oatmeal	coffee	chop
beetroot	tangerine	popcorn	Fruit juice	chicken
carrot	orange	bread	lemonade	sausage
tomatoes	cantaloupe	noodles	soda	rib
garlic	watermelon	corn	energy drinks	salami
onion	mango	wheat	juices	Fish
pepper	kiwi	amaranth	instant drinks	tuna
cauli flower	papaya	birdseed	came	shrimp
algae	pineapple	rice	milk	prawn
asparagus	banana	sorghum	smoothie	squid
zucchini	apple	rye	beer	octopus
lettuce	grape	Kamut	cocktail	crab
eggplant	pear	whole grain cookies	vodka	Ground beef

Sabias que hay diferentes grupos de comida?
 Diferentes comidas proporcionan diferentes nutrientes y diferentes beneficios para tu salud. Pero deberias tener más cuidado con ciertos grupos, porque comerlos mucho no es saludable

Questions:

a. Why are the groups presented in a pyramid?
What does it mean?

R= Are presented to know how often we should eat them and how healthy they are.

b. According to the image, what are dairy products?

R= meats

2. Questions

a. Why is it important for us to eat carbohydrates?

R= Because our body metabolizes them to produce glucose, a molecule by which it obtains energy.

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

R= We would suffer from different digestive diseases such as diabetes.