

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



Protein	fat	carbohydrates	vitamins	minerals
meat	vegetable oils	cereals	Salmon	Seaweed
Fish	Sauces made	bread	mango	tofu
egg	with vegetable	pasta	almonds	dried or dehydrated
milk	oil	roots and	carrots	Fruits
Vegetables	Butter	tubers	spinach	dark chocolate
cereals	margarine	rice	broccoli	bananas
nuts	Sausages and	sugar		mushrooms
	meat derivatives	fruit		
	curd cheeses			
	dried			

Food and drinks high in fat, sugar and salt.

Fats, spreads, and oils

Meat, poultry, fish, eggs, beans and nuts.

Milk, yogurt, and cheese

Wholemeal, cereals and breads, potatoes, pasta and rice.

Vegetables, salad and fruit.



NOT every day

as part of a healthy diet

2 servings a day

3 servings a day

5, 6, 7 and 8 are 4-12 and 13-16

use 2' for teenage boys and 18-50

5-7 servings a day

Healthy Eating food pyramid 3/8/21

- 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 servings
- Meat, fish, egg and alternatives = 4-6 tablets
- Milk and alternatives = 2 servings
- Fat / oil, salt and sugar = eat the last
- Fluid = 6-8 glasses

Vegetables

Fruits

Cereals

Drinks

Meats

1)	Pumpkin	blueberries	Rice	milk shake	Bacon
2)	aubergines	Raspberry	Barley	water	Meat
3)	Peppers	Strawberry	Rye	Coffee	Pork
4)	broccoli	lemon	Corn	Beer	Beef
5)	Carrots	tomatoes	wheat	champagne	
6)	radishes	Orange	Budweed	Hot chocolate	Chicken
7)	lettuce	watermelon	Sorghum	Lemonade	Quail
8)	Onion	Kiwi	Son	Herbal tea	Wor
9)	chard	Coconut	Triticale	Juice	Duck
10)	corn	Apple	Burgundy wheat	milk	Turkey
11)	zucchini	Cherry	Collard oats	tea	partridge
12)	Garlic	mango	Spelt	wine	salami
13)	Artichoke	Pineapple	Kamut	vodka	Ham

DO WHAT MAKES YOU HAPPY

14) **Vegetables**

Asparagus

Fruits

banana

grape

Cereals

sorghum

rye

Drinks

mineral water

hot water

Meats

veal

venison

15) **Spinach**

grupos ya que comerlos demasiado es malo para tu salud

1 Look at the different groups in the food pyramid and answer the following questions. Answer orally

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

- They are organized that way since according to their size is how much we should eat of those foods.

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

- According to the image, dairy products are milk, yogurt and cheese.

2) Get together in groups and discuss the following questions. You can look for information online

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

Carbohydrates are a type of nutrients considered energetic that must be included in the human diet

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

excess of these foods can cause various diseases such as diabetes, overweight and hypertension.