

FOOD PYRAMID

Do you know that there are different food groups? Different food groups provide different nutrients. Some food groups are more beneficial to your health than others. You should be more aware of the nutrients in the food you eat. Eating too much of certain groups can be unhealthy.

Food and drinks high in fat, sugar and salt.

Meat and Dairy products

Fruits and vegetables

Grains and carbohydrates



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

- 2 Why are the groups presented in a pyramid? What does it mean?
- 3 According to the image, what are dairy products?
- 4 Get together in groups and discuss the following questions. You can look for information online.
 - 5 Why is it important for us to eat carbohydrates?
 - 6 What would happen if we ate a lot of food high in fat, sugar and salt?
- 7 Copy the pyramid in your notebook, writing the food items that you regularly eat.

