

Complete the next chart:

Vegetables / Fruits / Cereals / Drinks / Meats

Cabbage / Apple / Rye / Milk / Bacon

Eggplant / Banana / Wheat / Water / Salami

Beet / Kiwi / Oats / Tea / Peperoni

Pea / Lemon / Rice / Coke / Lamb Chop

Onion / Pineapple / Millet / Wine / Sausages

Celery / Watermelon / Muesli / Juice / T-Bone

Pineapple glazed chicken parts

Ingredients:

4 boneless, skinless chicken thighs

1 can chunk pineapple


Salt and pepper

2 tbs butter

1/4 cup packed brown sugar

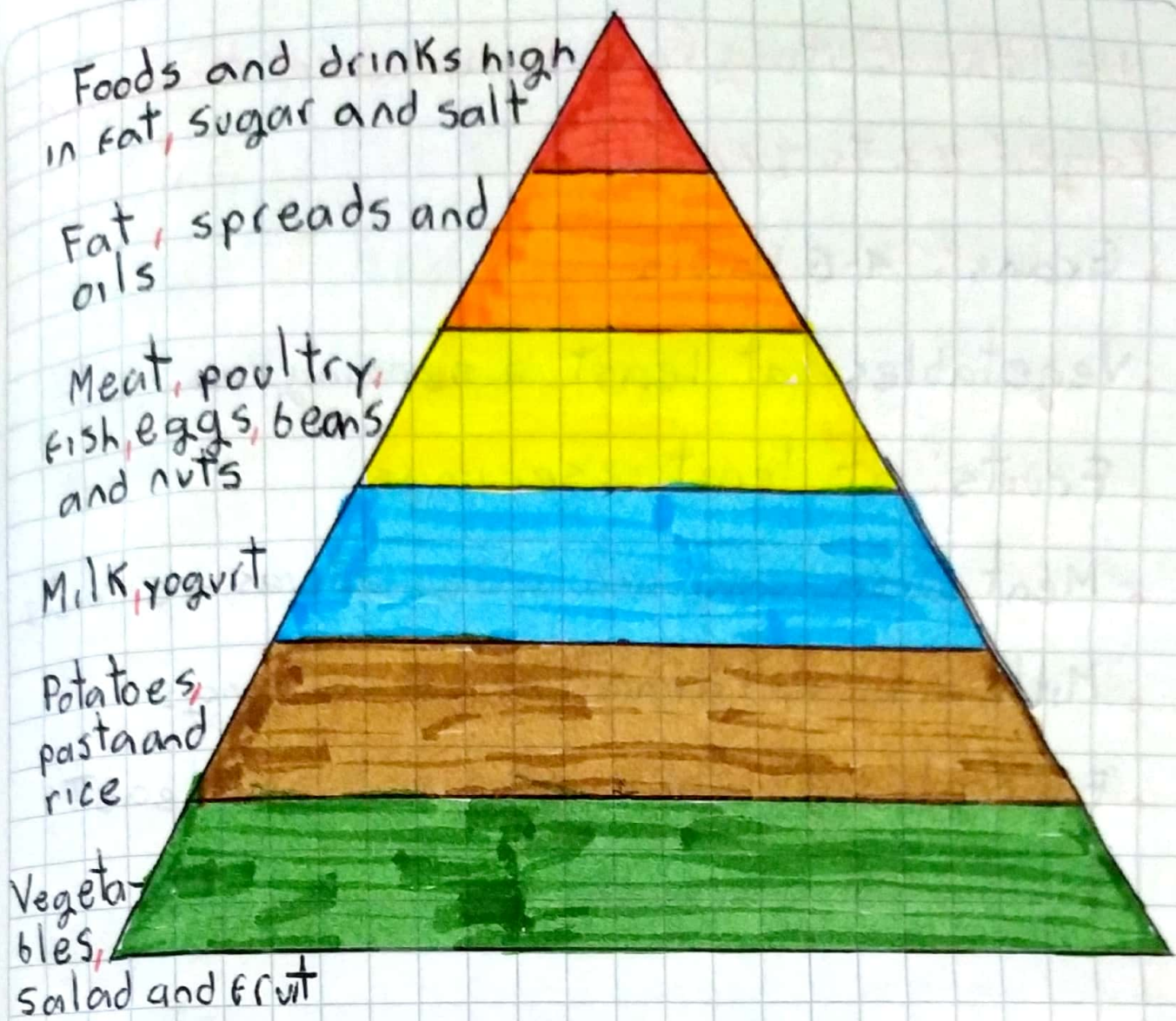
Directions:

1. Salt and pepper chicken breasts, brown

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- in butter over medium heat till half done
 2. Add pineapple juice and chunks and then sugar.
 3. Continue cooking until liquid is thickened and forms a sauce. Serve over rice.
 4. Sprinkle with chopped chives (cebollinos)

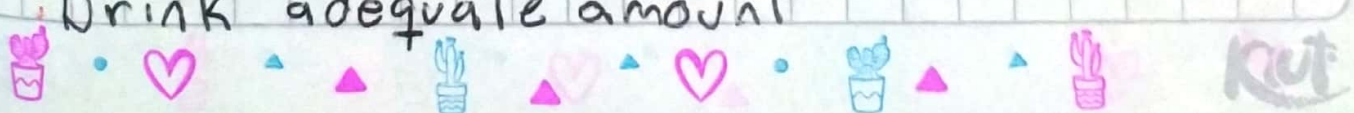
The food pyramid

Did you know that there are different food groups? Different food provides different nutrients and different benefits to your health. But you should be more careful with certain groups because eating too much of them is not healthy.



Healthy Eating Food Pyramid

- Eat Most - Grains
 - Eat More - Vegetables and fruits
 - Eat Moderately - Meat fish egg and alternative and milk and alternatives
 - Eat Less - Fat/oil salt and sugar
- Drink adequate amount



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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, egg and alternatives: 4-6 tael
- Milk and alternatives: 2 servings
- Fat/oil salt and sugar: eat the least
- Fluid: 6-8 glasses