

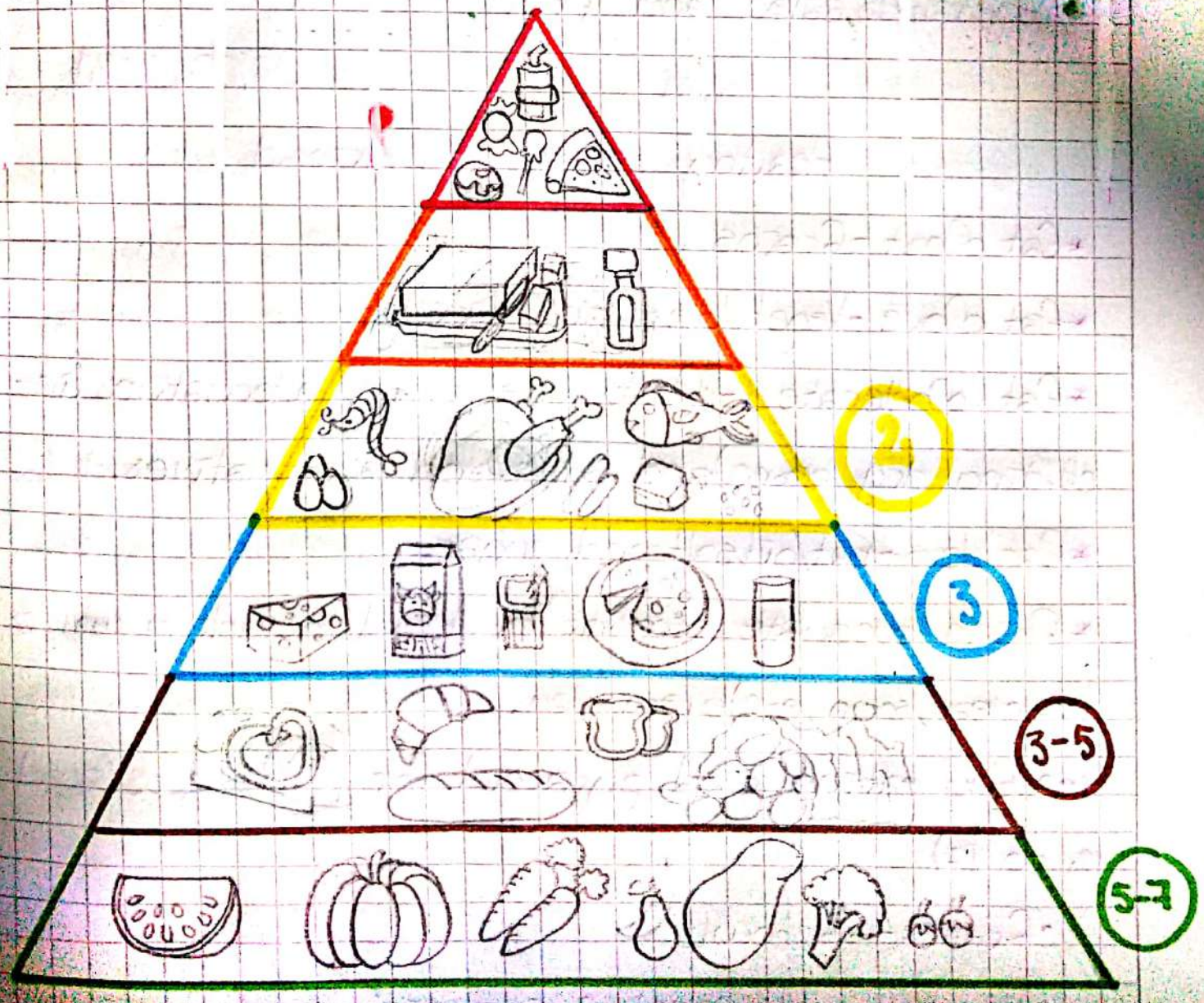
## The food of pyramid

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.

### Activity

Complete the next chart according to the information.

Protein	Fat	Carbohydrates	Vitamins	Minerals
Nuts	Chocolate	Biscuits	Carrots	Mushrooms
Cereals	Margarine	Cereal	Cauliflower	Shellfish
Vegetables	Cow meat	Rice	Banana	Seeds
Fish	Butter	Corn	Apple	Fish
Milk	Sausages	Yogurt	Grapes	Tofu



- Foods 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.

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### Healthy eating food pyramid

- \* Eat most - Grains
- \* Eat more - Vegetables 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 meals
- Milk and alternatives: 2 servings
- Fat/oil, salt and sugar: Eat the least
- Fluid: 6-8 glasses.

Complete the next chart

Vegetables	Fruits	Cereals	Drinks	Meats
1) Garlic	Grapes	Barley	Milk	Chicken
2) Celery	Lime	Rice	Brandy	Beef
3) Cress	Lemon	Son	Coffee	Pork
4) Broccoli	Cherry	Popcorn	Beer	Lamb
5) Carrow	Blueberry	Oatmeal	Stout	Duck
6) Onion	Banana	Cracked	Lager	Turkey
7) Chive	Apple	Bread	Gin	Quart
8) Kale	Peach	noodles	Juice	Ham
9) Cabbage	Strawberry	Cookies	Cola	Bacon
10) Endive	Orange	Oats	Rum	Chop
11) Pea	Coconut	Rye	Tea	Steak
12) Potato	Pear	Flour	Wine	Breast
13) Turnip	Apricot	Pasta	Cider	Salami

(4) Tomato	Avocado	Wheat	Vodka	Ribs
(5) Parsley	Frog	Macaroni	Port	Sausages

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

**R/A** = How is it interpreted? The triangular shape of the nutritional pyramid guides us on the frequency and the amounts that we should consume of different foods. In the first links, are the foods that must have the most weight in the daily diet.

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

**R/A** = The dairy group includes foods such as milk and its processed derivatives. The industrial plants that produce these foods belong to the dairy industry.