

Lesson 2: The food pyramid

1. Match the nutrients and descriptions.

1 Proteins

a ... contain sugar, fibre or starch and are your body's main source of energy.

2 Vitamins

b ... is a mineral and helps you to build strong bones and teeth.

3 Carbohydrates

c ... give you energy and help your body cells to grow.

4 Fibre

d ... is a mineral and helps your red blood cells carry oxygen to your lungs and organs.

5 Iron

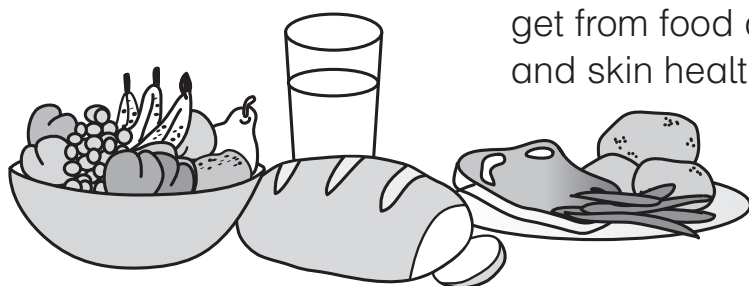
e ... is a source of calories and too much can lead to weight problems or heart disease.

6 Calcium

f ... is a type of carbohydrate and helps you to digest food.

7 Fat

g ... help your body use the energy you get from food and keep your hair, eyes and skin healthy.



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2. Read and write the names of the food groups.



Fats, oils
and sweets



Fruit



~~Meat and beans~~



Dairy products



Grains



Vegetables

1 Meat and beans

This group includes meat, fish, chicken, eggs, nuts and dried beans. You get protein, iron and vitamins from the food in this group. Some meat is high in fat and dried beans are high in fibre. You need to eat some food in this group every day.

4 _____

The food in this group includes things such as butter, mayonnaise, chocolates, toffees and soft drinks. These foods are high in calories due to the amount of fat or sugar they contain. They do not give you many vitamins or minerals. You should eat very little of the foods in this group.

2 _____

This group includes all kinds of vegetables such as potatoes, spinach, carrots and broccoli. Vegetables are very good for you and an important source of vitamins, iron, calcium, carbohydrates and fibre. They are also low in fat and calories. You need to eat a lot of food in this group every day.

5 _____

The foods in this group include milk, cream, cheese, yoghurt and ice cream. They are an important source of calcium and also provide some protein and vitamins. Some milk products are high in fat but it is often possible to buy skimmed milk or low-fat yoghurts. You need to eat some food in this group every day.

3 _____

This group includes bread, breakfast cereals, rice and pasta and is the most important source of carbohydrates. You also get vitamins, calcium, iron and fibre from the foods in this group. You need to be careful about extra calories in sugar and fat which is sometimes added to bread and cereals. You need to eat most food from this group every day.

6 _____

This group includes all kind of fruit such as oranges, apples, strawberries and pears. Fruit is an important source of vitamins, fibre and natural sugar. Fruit is also low in calories. It is important to eat a variety of fruit including dried fruit such as prunes or raisins which are high in fibre. You need to eat a lot of food in this group every day.