

The Food Pyramid 1

M Segura

- 1 Which is the favourite sector of the Pyramid for kids?
- A Dairy
 - Fats and sweets
 - C Fruits and vegetables
 - D Proteins
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- 2 The Protein step is formed by...
- Eggs, fish and meat
 - B Milk, cheese and butter
 - C Cereals, bread, rice and pasta
 - D Pastries and sweetsies
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- 3 Why do we have to avoid fats & sweets?
- A Because they give us strength
 - B Because they contain a high number of calories
 - C Because it's bad for our health
 - Both B and C are correct
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- 4 How many times a Day do we have to consume **dairy**?
- A From one to four times
 - B From zero to three times
 - C From one to two times
 - From one to three times
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- 5 Why is it important to eat fruits and vegetables?
- Because they fill our body with minerals and vitamins
 - B Because they contain a lot of calories
 - C Because they fill our body with vitamins and calories
 - D Because doctors recommend to eat those less than five times a day
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The food Pyramid 2

M Segura

- 1 Healthy food is important for our life because it
- helps us grow, be strong and be healthy.
 - B helps us to know the food pyramid.
 - C
 - D
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- 2 The first step at the pyramid is...
- The smaller one
 - B The middle ones
 - C There's no correct option
 - D The bigger one
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- 3 Many doctors agree that
- A This sector is very bad for our health
 - B Dairy sector is very bad for our health
 - C Protein sector is very bad for our health
 - Fats and sweets sector is very bad for our health
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- 4 The 2nd sector is formed by
- Meat, fish and eggs
 - B Meat, fish and pasta
 - C Fish, meat and rice
 - D Rice, fish and eggs
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