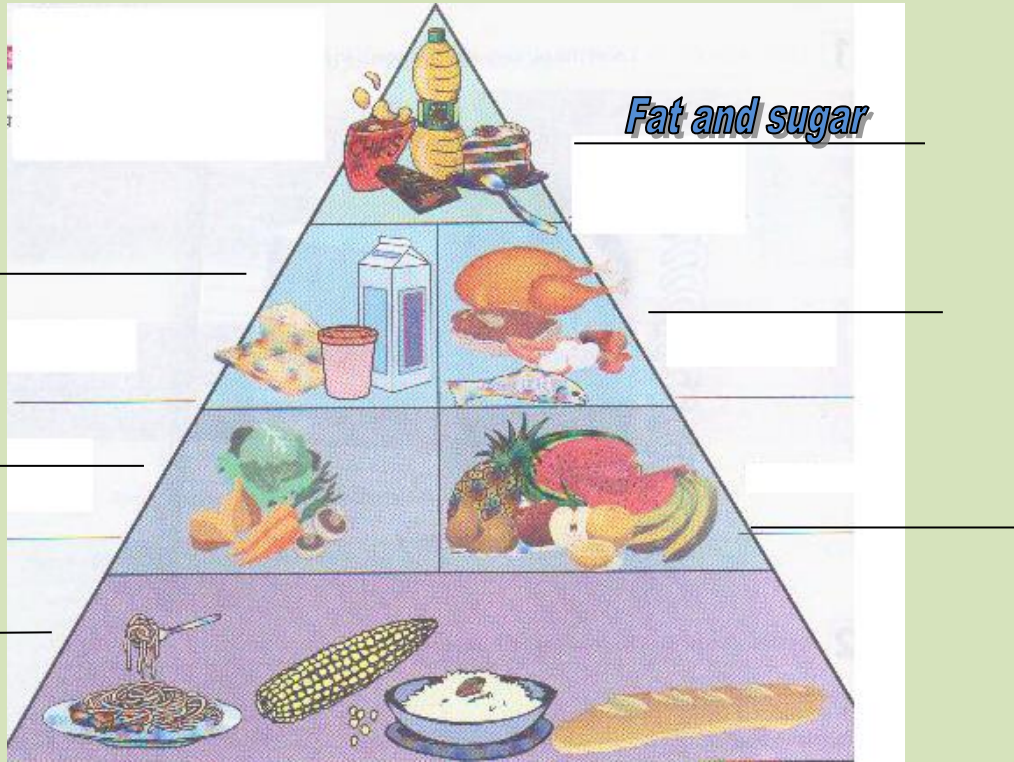


FOOD AND HEALTH

1. Look at the Food Pyramid. Talk to your teacher about the food products



2. Read A HEALTHY DIET. Label the food groups above.

A HEALTHY DIET

Look at the food pyramid. It helps us to choose healthy food. You need to eat a lot of the food at the bottom of the chart and only a little of the food at the top.

You need to eat a lot of cereals like rice, corn and bread every day. You also need a lot of vegetables like lettuce and carrots. Fruit - like pineapples, papayas and oranges - is also important. Every day you need to eat some protein and dairy products (milk, cheese, and yogurt). It helps you to grow. There is protein in meat, fish, eggs and beans. The food at the top of the chart has a lot of fat or sugar. Try to use the food pyramid every day. It can help you to eat healthily.

3. Answer the questions

- Are you eating healthy?

- What do you usually have for breakfast?

- What do you usually have for lunch?

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- What do you usually have for dinner?

4. Read Eating Habits. Find out Susana's and Roberto's eating habits. Make notes in the table.

	What does Susana eat/drink?	What does Roberto eat/drink?
Every day		
Twice a week		
On special occasions		
never		

Eating Habits

Susana and Roberto eat healthy food every day. Susana eats a little bread and drinks some milk every day. She also eats some salad, some rice, and some fruit. She eats some meat, chicken, or fish twice a week. She drinks lots of water every day. She drinks some wine on special occasions. She never eats fatty food like chips or butter.

Roberto eats some bread, cheese and fruit every day. He drinks some milk and juice every day. And he drinks lots of water. He likes vegetables and meat. He eats them every day. He likes wine but he dinks it only on special occasions. Roberto never eats butter or pork. He never eats fatty food. And he never eats cookies. Susana and Roberto are healthy kids.

5. Look at the chart. Write four sentences about each person.

How often	What does Alicia eat/drink?	What does Manuel eat/drink?	What does Jose eat/drink?	What do you eat/drink?
Every day?	Chocolate, bread, rice	Milk, fruit, vegetable	Sweets and candy	
Twice a week	Ice cream	Eggs, beans	Wine	
Occasionally	Milk	Beer	Vegetables	
never	Vegetables	sweets	fruit	

1. Alicia eats some chocolate, some rice, and some bread every day

Source: <https://www.slideshare.net/zizou27300/ms4-file-one-lessons-plans>

2.

3.
