



# Are You Ready?

Listen to me. → → Eyes on me. ← ←



# The Food Pyramid





# You are going to learn:



**Topic: Food — The Food Pyramid**



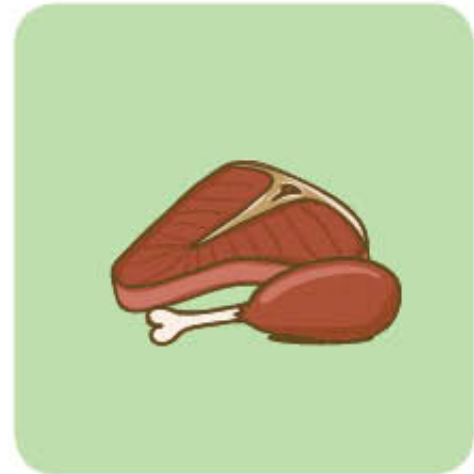
**Key Words and Phrase: level, rich in, dairy, sugar**

# Warm-up

Let's talk.



What does your family usually eat?  
What do you like to eat?

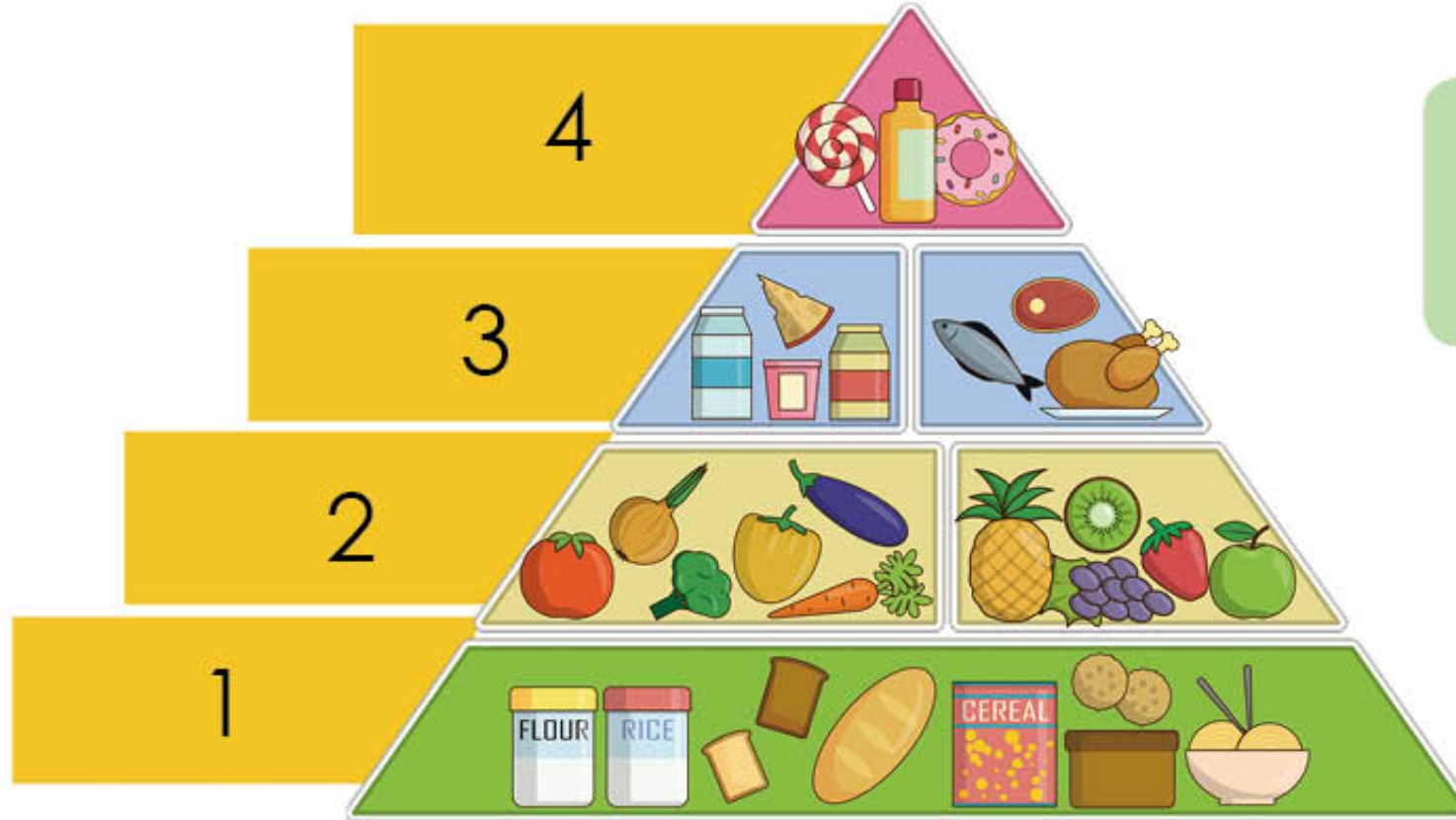


# Let's prepare!





# Vocabulary



The food pyramid has four **levels**.

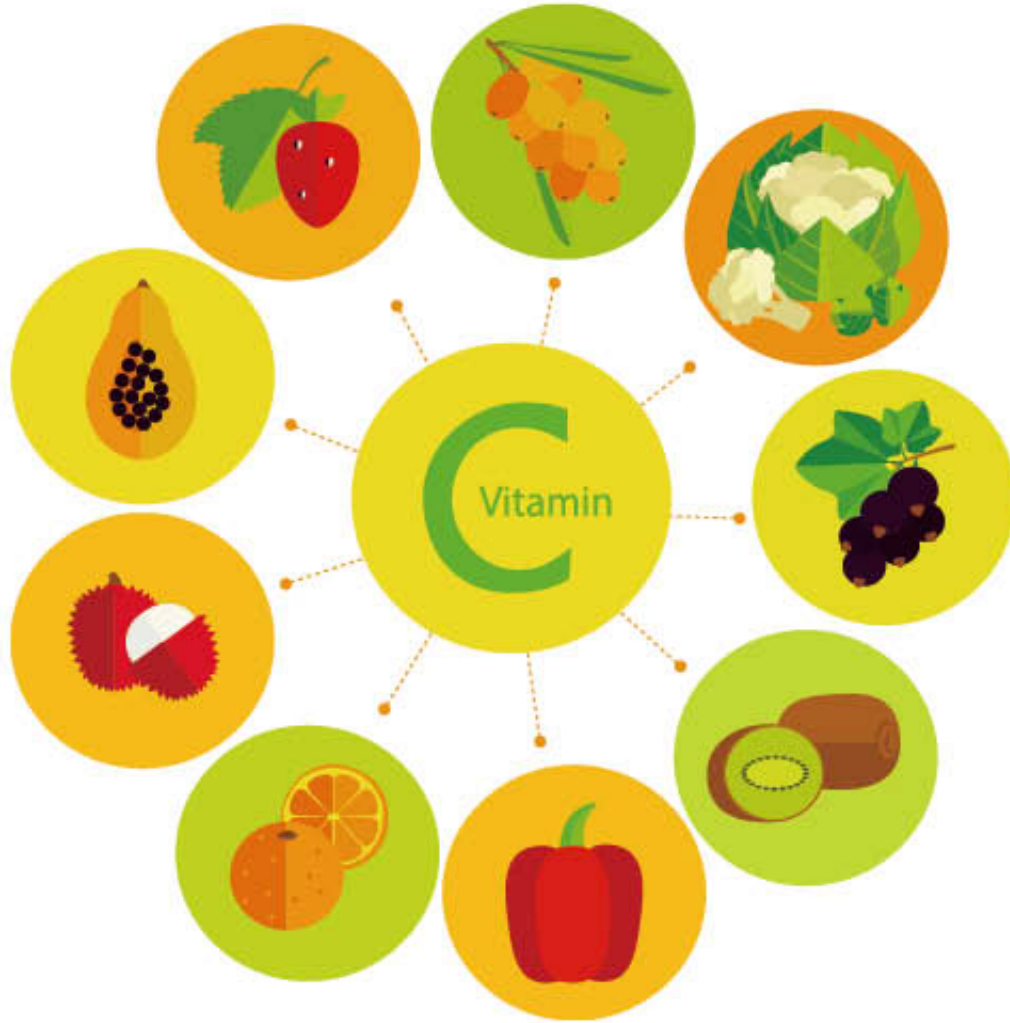
lev·el



How many levels does the pyramid have?



# Vocabulary



Fruits and vegetables are  
**rich in** vitamin C.

**rich in**



What are strawberries rich in?

# Vocabulary



Yoghurt is made from milk.  
It is a **dairy** product.

**dai·ry**



Which is not  
dairy food?





# Vocabulary



I like to have coffee  
with **sugar**.

**sug·ar**

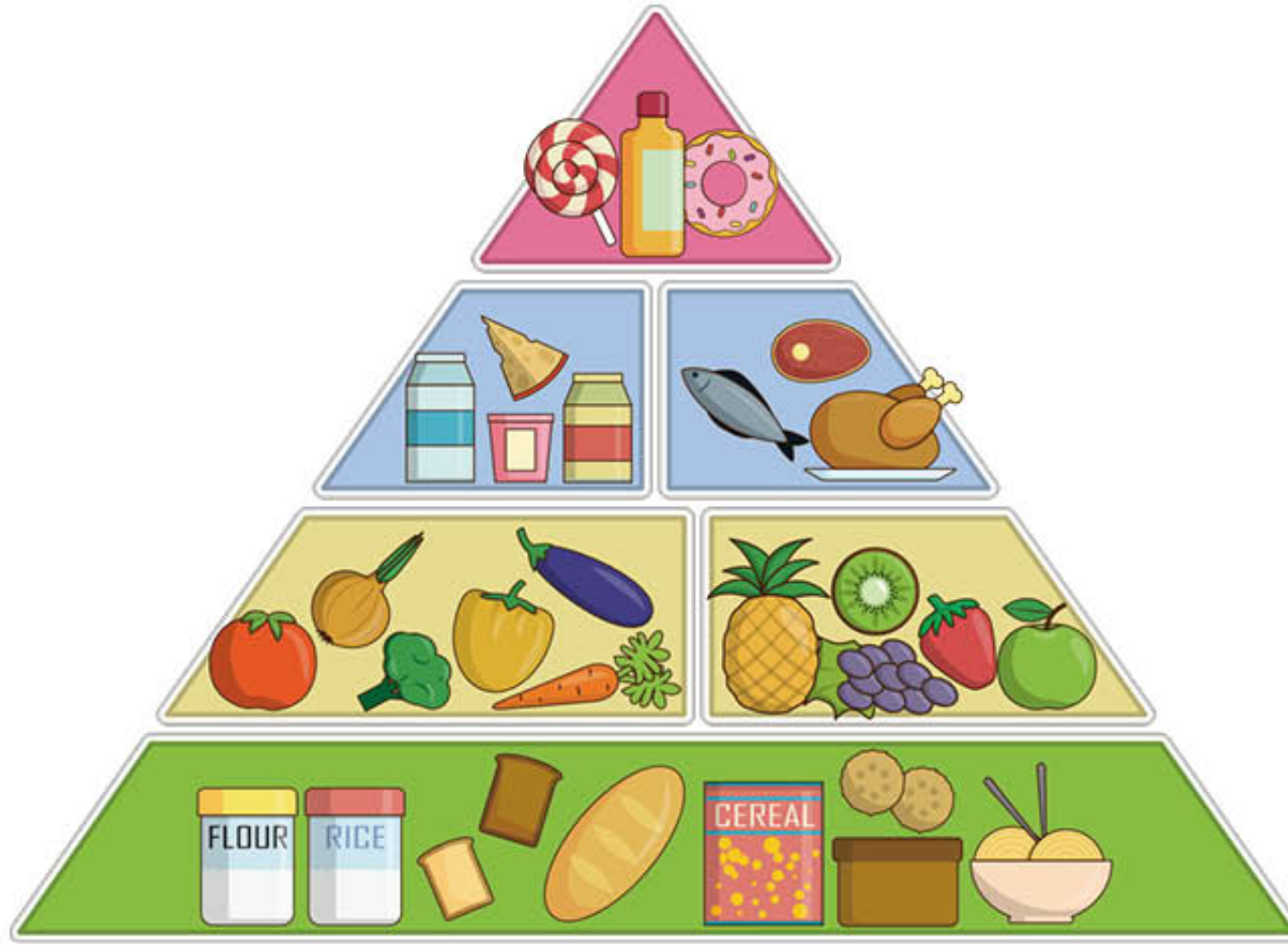


What can make food sweet? ☐ Salt. ☐ Sugar.

# Let's read!



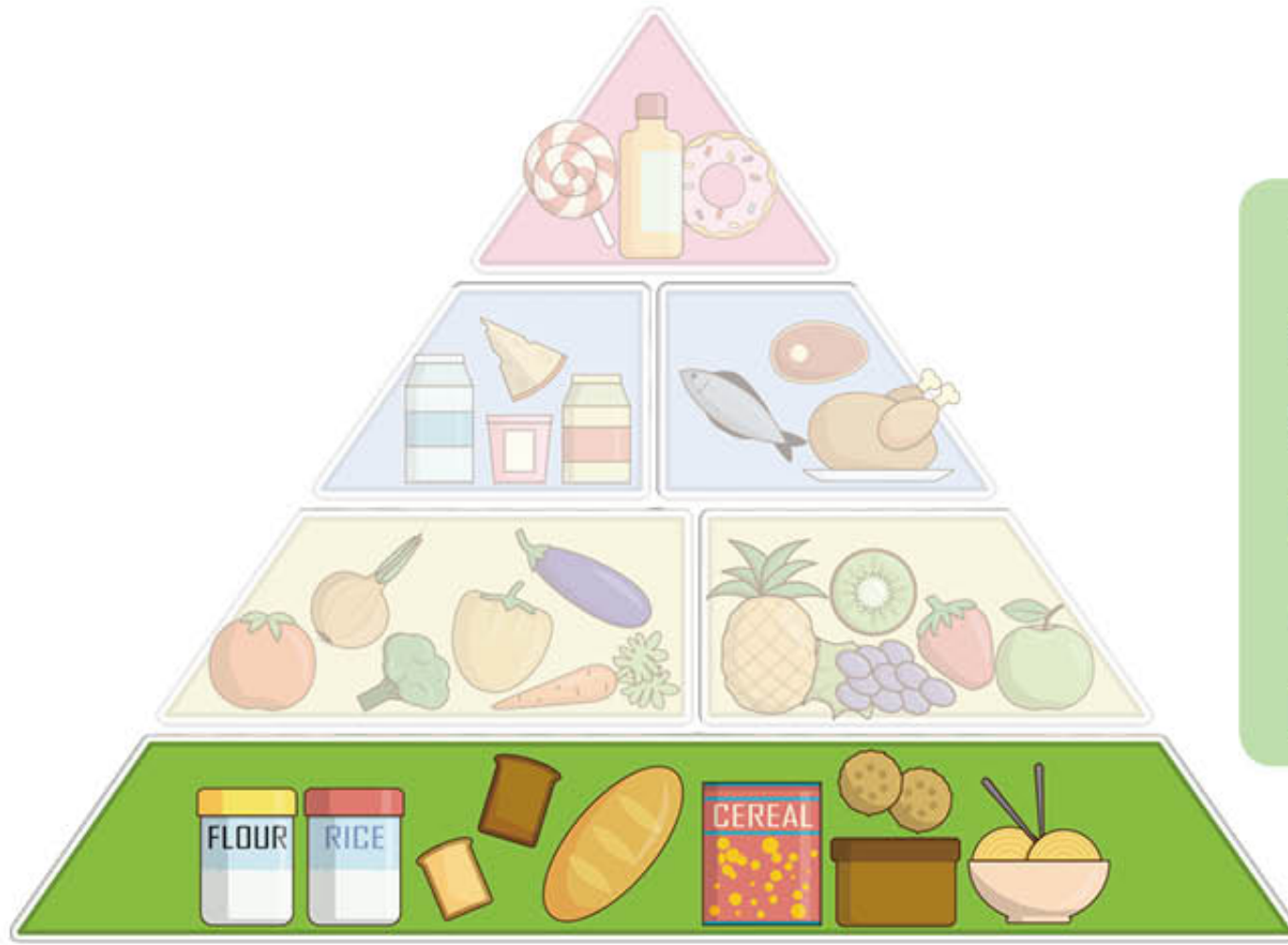




This is a food pyramid. It is designed to make healthy eating easier. Healthy eating is about getting the correct amount of nutrients to maintain good health.



What is the food pyramid designed to do?

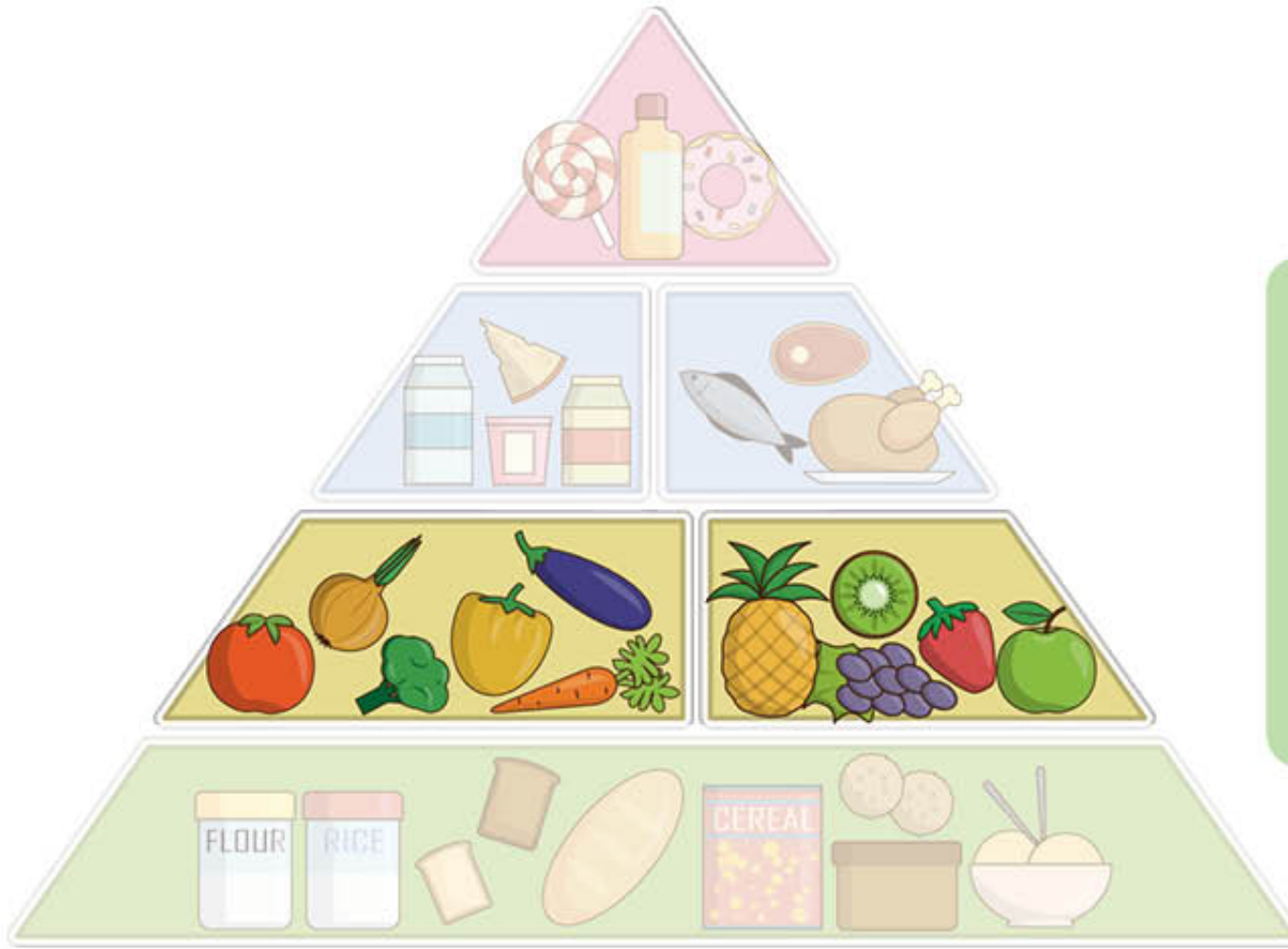


The food pyramid looks like a triangle and has four **levels**. The first level is the grain group. It is the best source of food energy and should make up the largest part of our diet.



What's the first level of the food pyramid?

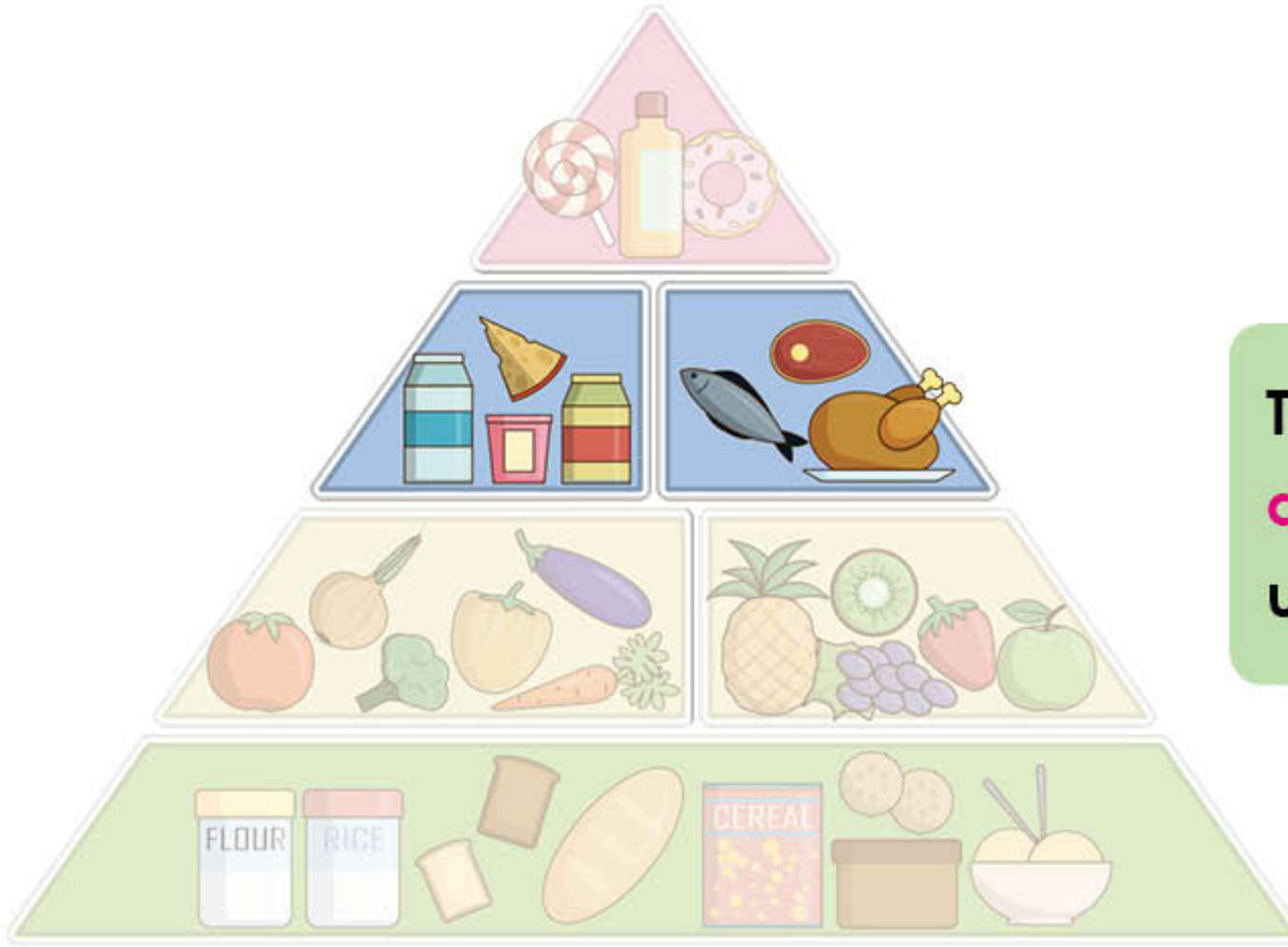




The second level contains vegetables and fruits. They are **rich in** vitamins and minerals. We use them to keep our bodies healthy.



What are vegetables and fruits rich in?

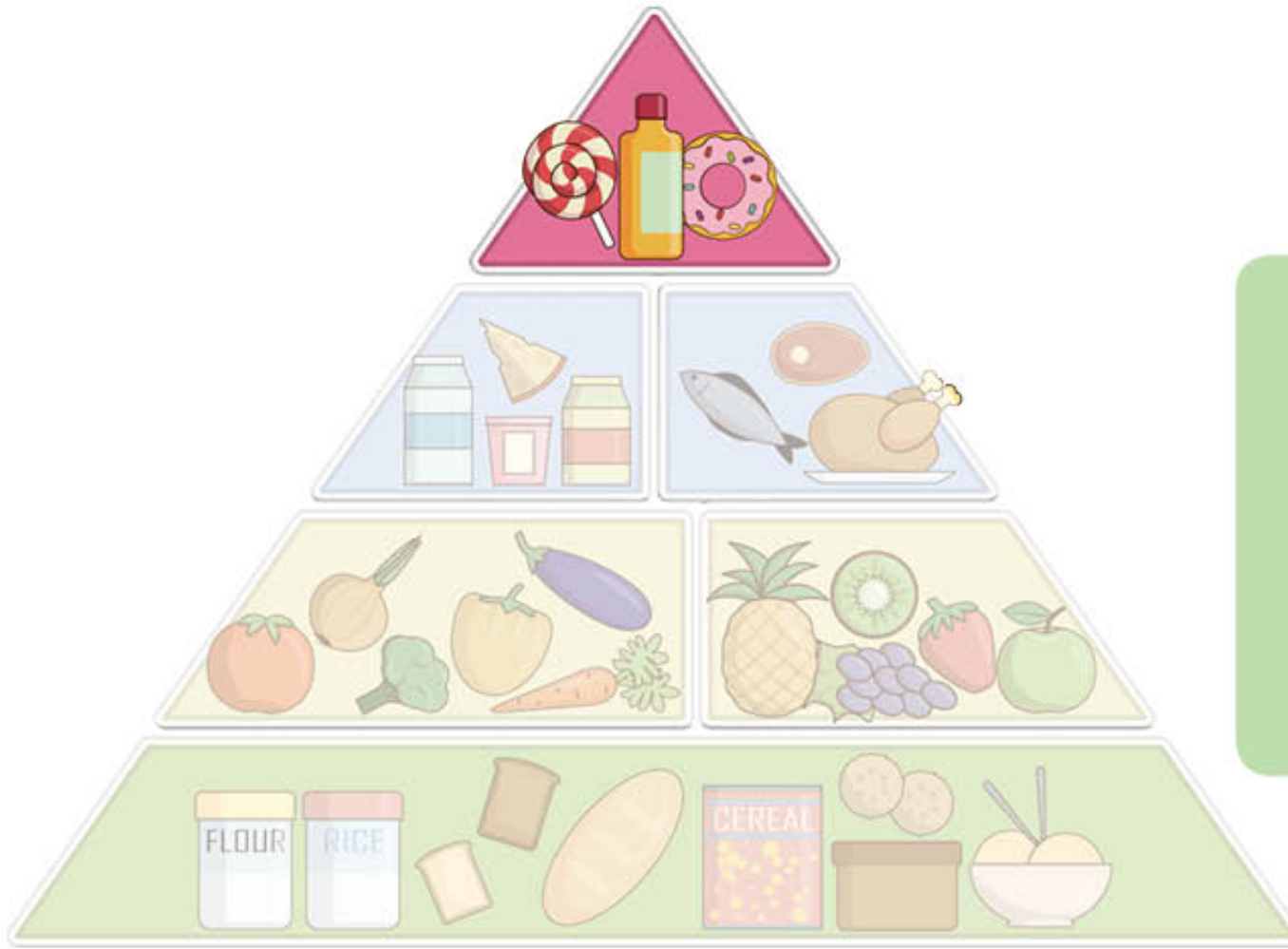


The third level contains meat and **dairy**. They are rich in protein. We use protein to build strong bodies.



What does the third level of the food pyramid contain?

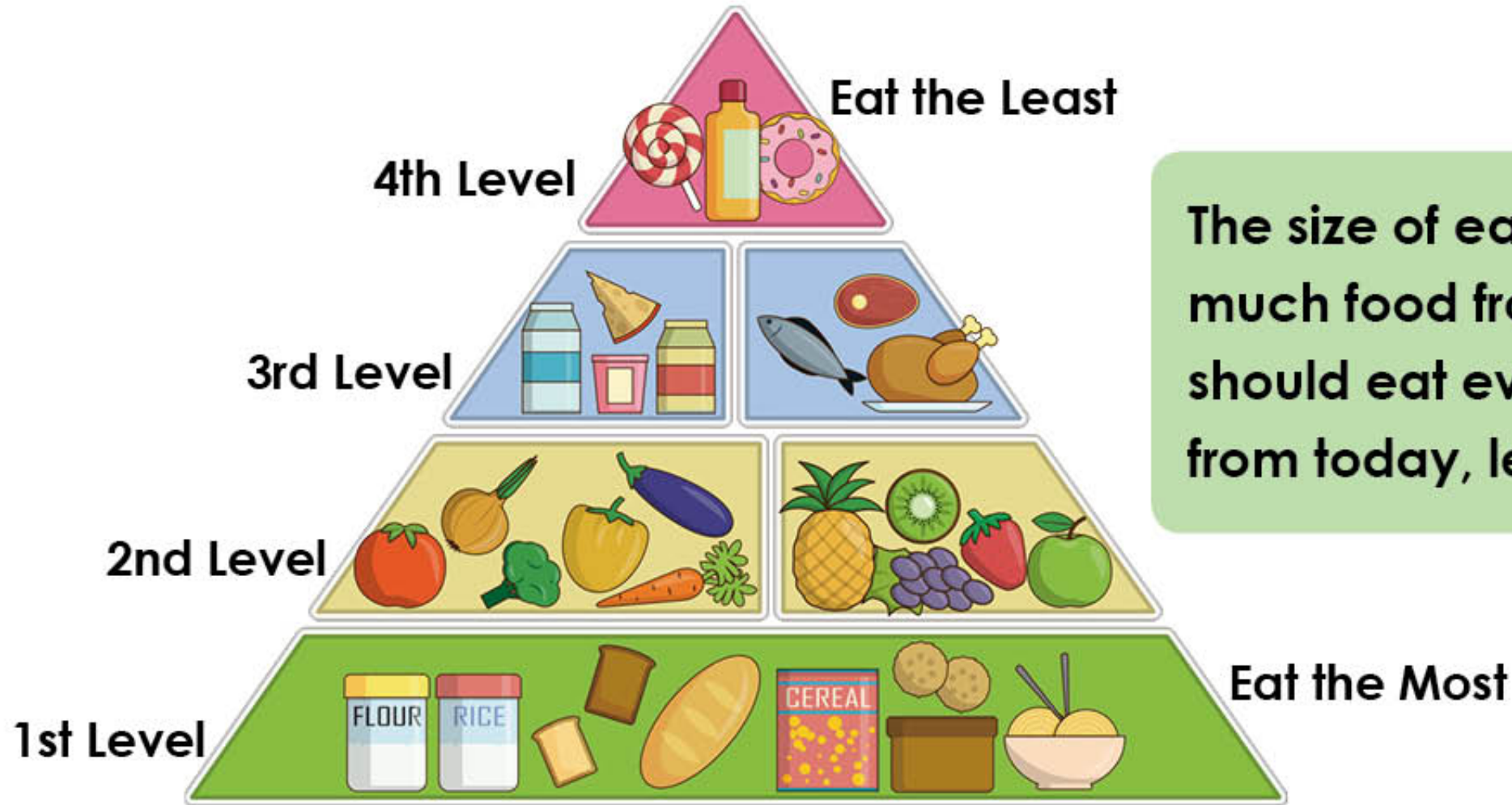




The fourth level contains **sugar** and fats. It's the smallest food group. We should eat the least from this level because fats and sugar are unhealthy.



Why should we eat the least from the fats and sugar group?



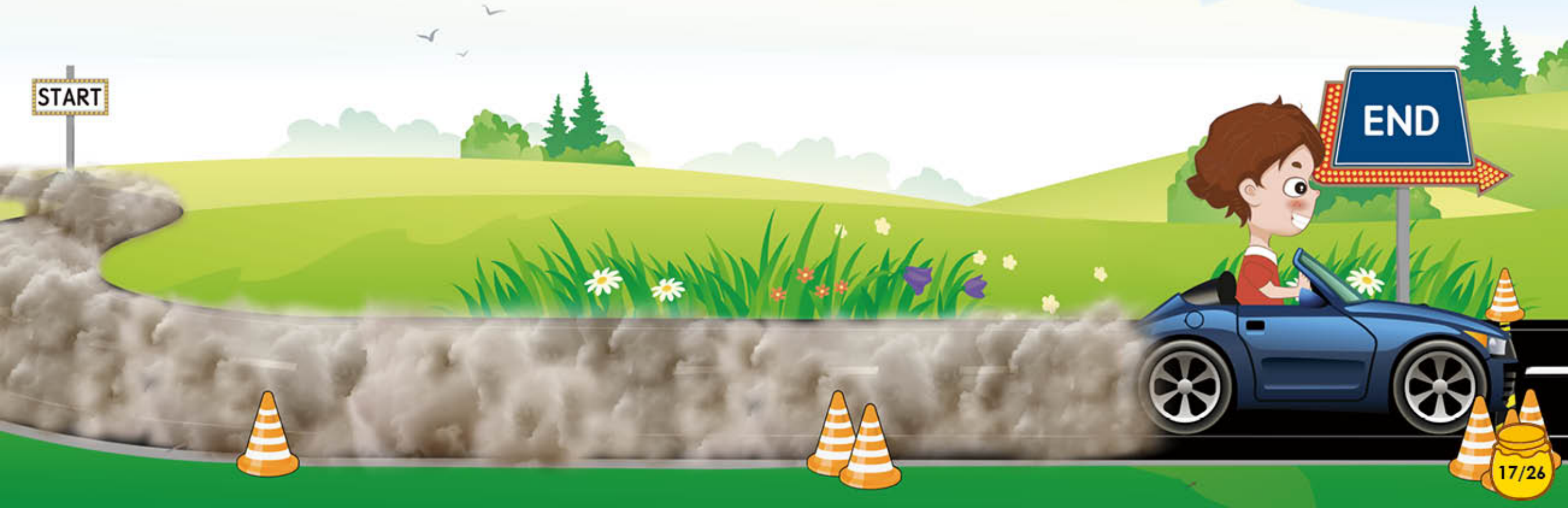
The size of each level tells us how much food from each group we should eat every day. So, starting from today, let's eat healthily!



What does the size of each level tell us?



# Let's practice !



# Activity

Label the food pyramid.

4 \_\_\_\_\_

3 \_\_\_\_\_

2 \_\_\_\_\_

1 \_\_\_\_\_

Vegetables and Fruits

Fats and Sugar

Dairy and Meat

The Grain Group



# Activity

Complete the sentences with the words or phrase in the Word Bank.

**Word Bank:** rich in    level    dairy    sugar

1

The first \_\_\_\_\_ of the food pyramid is the grain group.



2

Fruits and vegetables are \_\_\_\_\_ vitamins and minerals.



3

Meat and \_\_\_\_\_ are rich in protein.



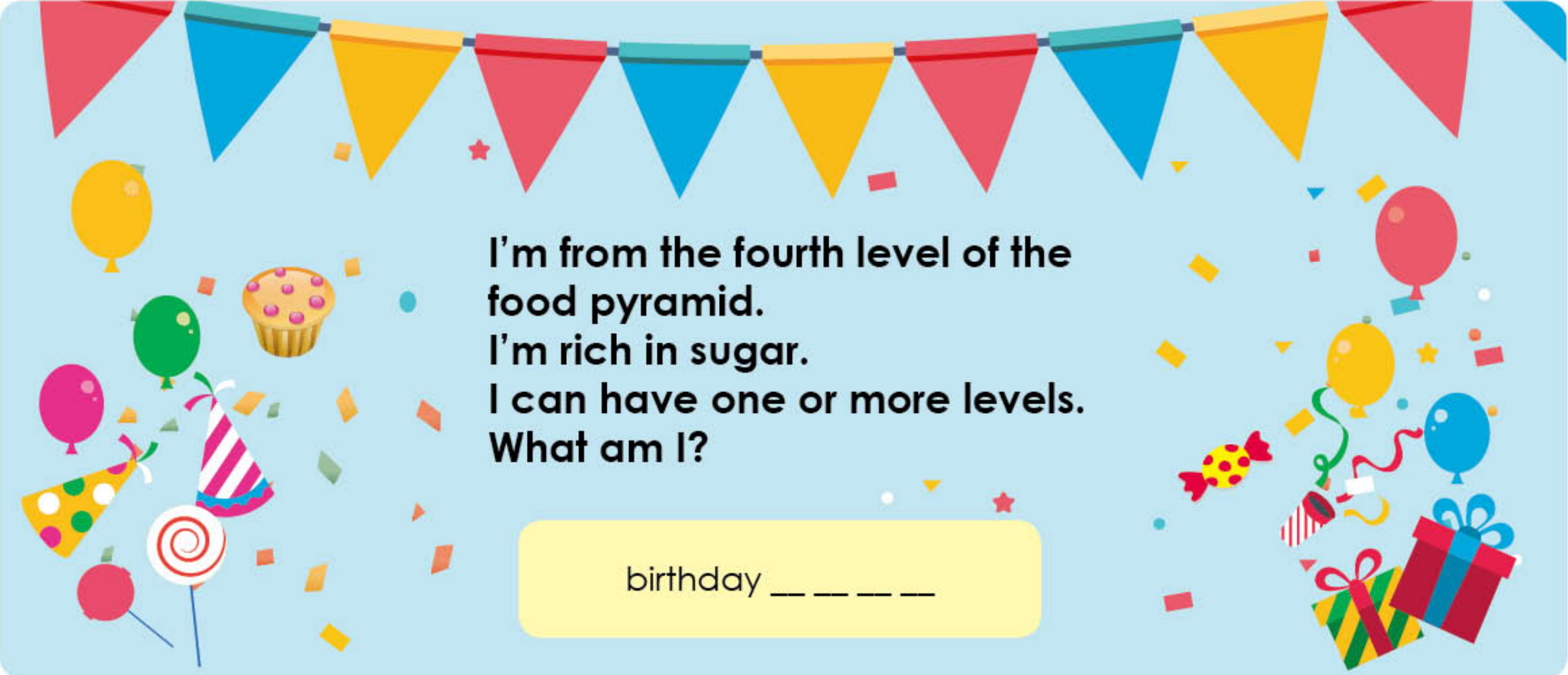
4

We should eat very little fats and \_\_\_\_\_ because they're unhealthy.



# Activity

Read the sentences and solve the riddle.



I'm from the fourth level of the  
food pyramid.  
I'm rich in sugar.  
I can have one or more levels.  
What am I?

birthday \_ \_ \_ \_ \_



# Activity

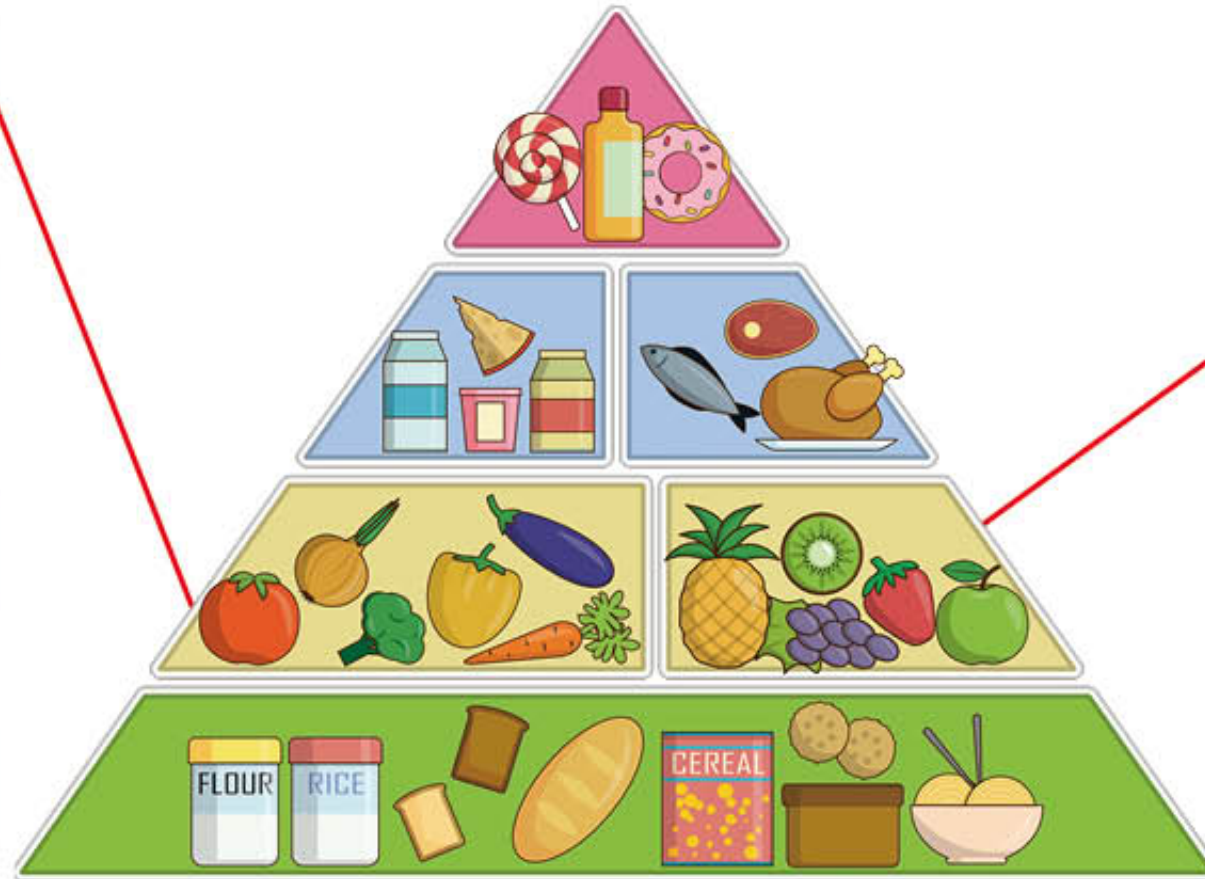
**Match the words to the food pyramid to make sentences.**

Fruits and vegetables

We use protein from meat and dairy

We should eat very little sugar and fats

The grain group



because they are unhealthy.

are rich in vitamins and minerals.

to build strong bodies.

is the best source of food energy.



# Activity

Read the sentences and then circle T (true) or F (false).

1

The food pyramid has four levels.

F

T

2

Meat and dairy are rich in vitamins.

F

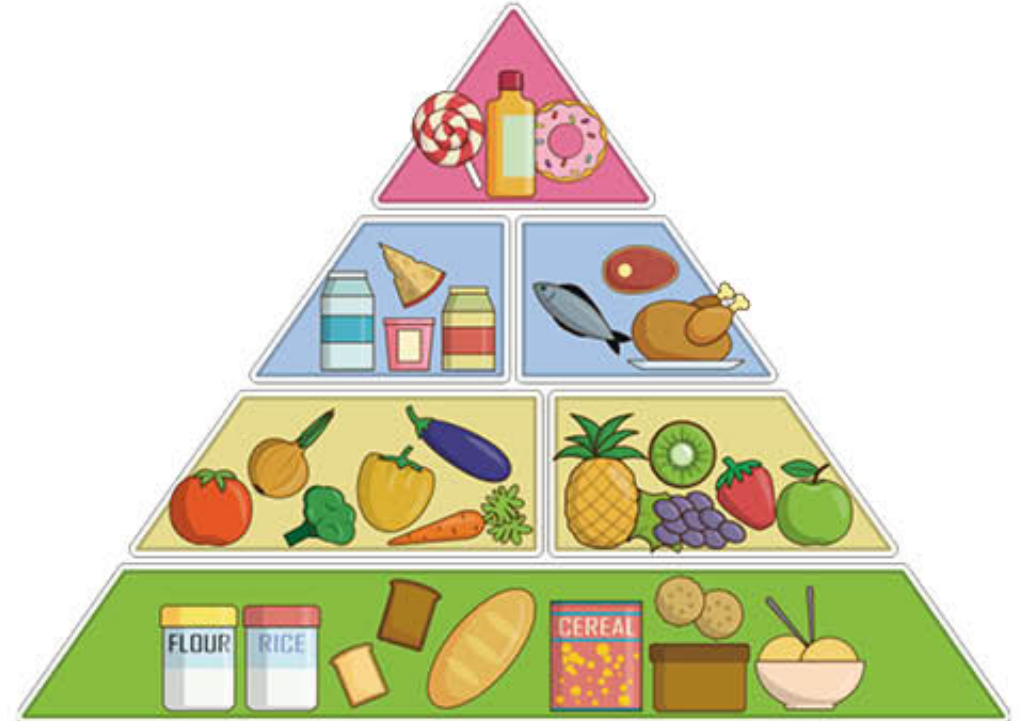
T

3

We should eat the most from the fats and sugar group.

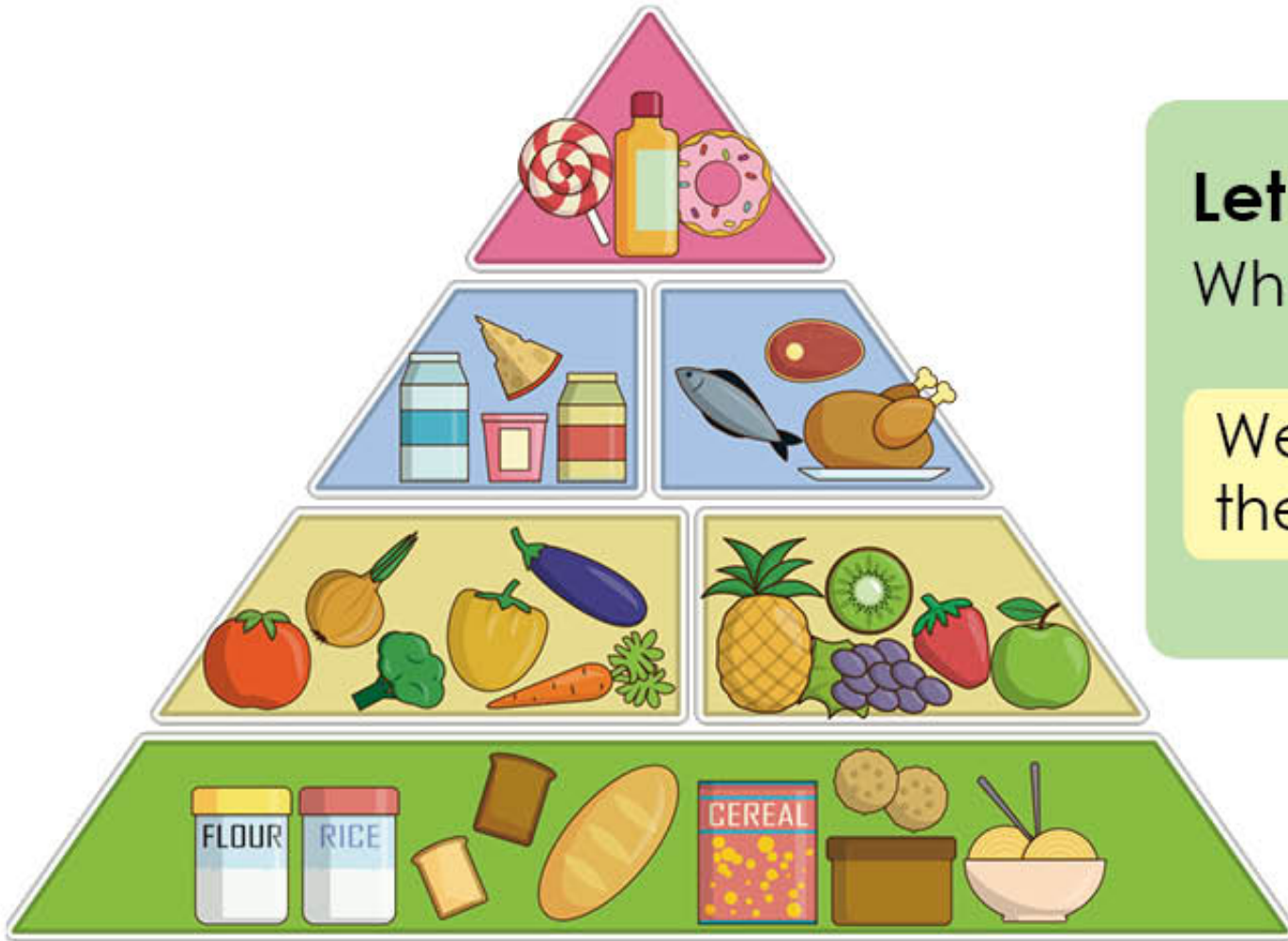
F

T



# Writing Preparation

Prepare for your writing by answering the questions.



## Let's talk!

What should we eat the most? Why?

We should eat the most from the grain group because...

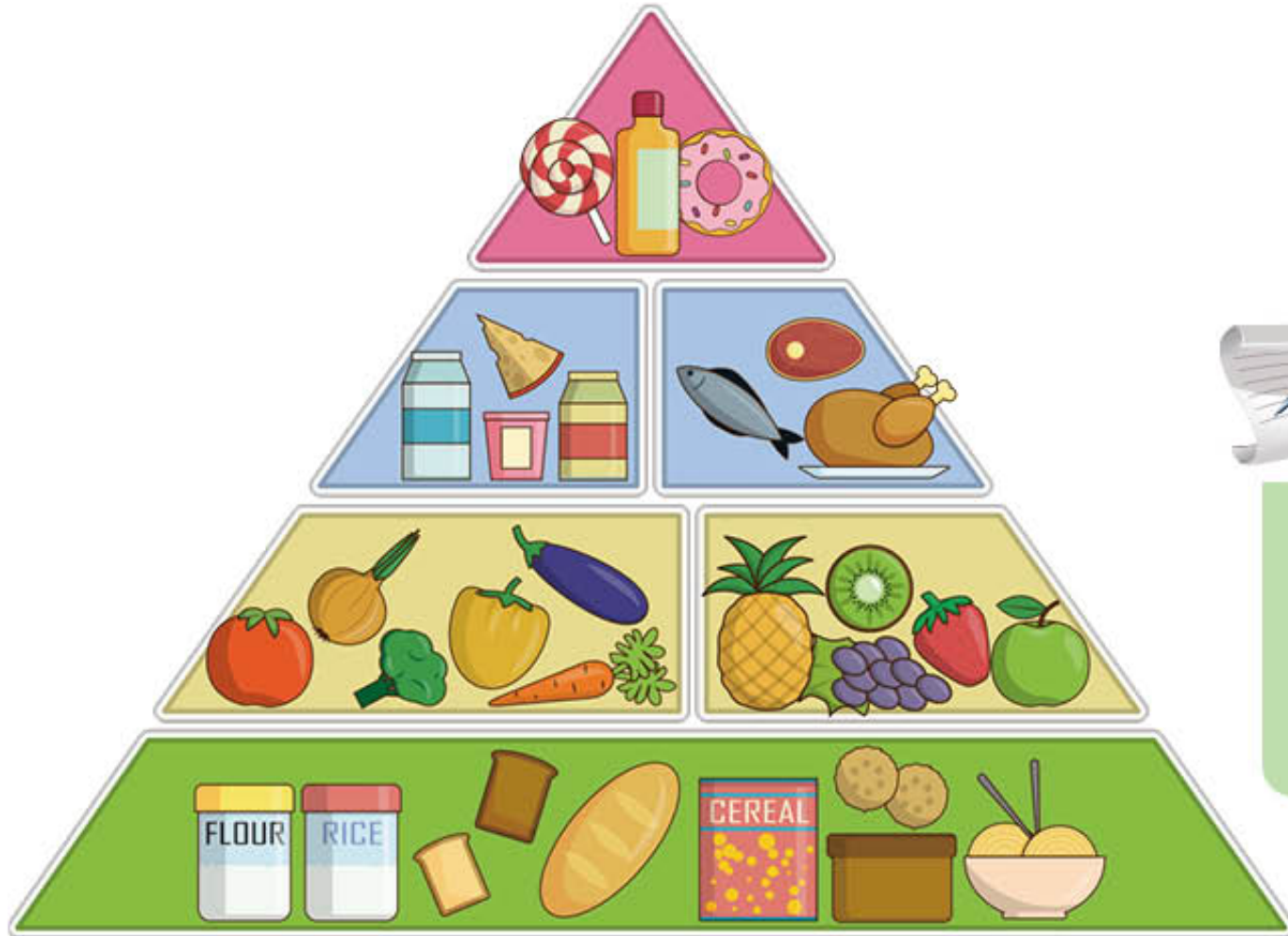


**Hints:** grain    source    energy



# Writing Project

Write a passage about what we should eat the most.



**Hints:** grain    source    energy



We should eat...

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# Today I learned:

## Topic

Food —  
The Food Pyramid

## Key Words and Phrase



level



rich in



dairy



sugar

SEE YOU SOON!



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TALK

