

1. This video will be on food pyramid
2. A food pyramid is a pyramid shaped diagram representing the optimal number of servings to be eaten each day from each of the basic food groups.
3. I have selected this topic because it carries the importance of guiding the public on how to eat healthily and also stay healthy. Furthermore, the food pyramid provides a healthy range of nutrients that are required for the daily needs of a normal person.
4. A standard food pyramid has 4 levels starting with the base. The base consists of grains such as rice, cereal, pasta, noodles etc. This level provides carbohydrates as a source of energy for the human body.
5. The 2<sup>nd</sup> level consists of wide variety of fruits & vegetables. Food in this level provide vitamins & minerals for growth and build a stronger immunity to diseases within the human body.
6. The 3<sup>rd</sup> level consists of poultry, beans & dairy products. These provide protein, calcium, iron and zinc for building and repairing tissue

7. Lastly, the tip consists of fats & oil and to be consumed in small amount. As we all know, consuming a lot of these leads to health problems and diseases.
8. Conclusion: eating habits plays an important role in our everyday life. It help provides us a balance diet and keep us healthy for a longer period of time.
9. YES, my findings on this topic is successful because this gives me a clearer vision on what a food pyramid looks like
10. Throughout the research conducted to present this topic, I am confident to say that I am well-informed on healthy foods. Presently, I am able to differentiate what is healthy & unhealthy food and to consume them in a moderate amount or servings. Given more opportunity and time, I would gladly provide more examples of food while providing an explanation of the nutrition it carries.