



FOOD PYRAMID

Whether we live in South America or Asia, the one thing we do have in common is food. We all eat food, and your experience might be very different from your classmates, even though you live in the same city. Food is cultural, and differs from one household to another. Some families eat very healthy whilst others eat a lot of fast foods. People say: "You are what you eat". Many health problems come from what and how you eat. Let's check this out! How do you eat? Do you eat healthy?

1. Look at the chart below. Fill it out the foods you eat for each meal.

| BREAKFAST | LUNCH | DINNER |
|-----------|-------|--------|
| | | |



2. Now classify the foods you eat within this next chart.

| GRAINS | VEGETABLES | FRUITS | OILS | DAIRY | MEAT/BEANS |
|--------|------------|--------|------|-------|------------|
| | | | | | |

3. Check the food pyramid at this site:
<http://www.osovo.com/diagram/foodpyramiddiagram.htm>

4. Now answer the following questions:

a. Looking at the food pyramid and your chart, what should you eat more?

b. Looking at the food pyramid and your chart, what should you eat less?

- c. Sit in pairs with a classmate and work out a perfect healthy meal.

| Breakfast | Lunch | Snack | Dinner |
|-----------|-------|-------|--------|
| | | | |

- d. Open the discussion and exchange your ideas with your whole class. Who is the healthiest of the class? Who eats most fast food? Should you change your diet?