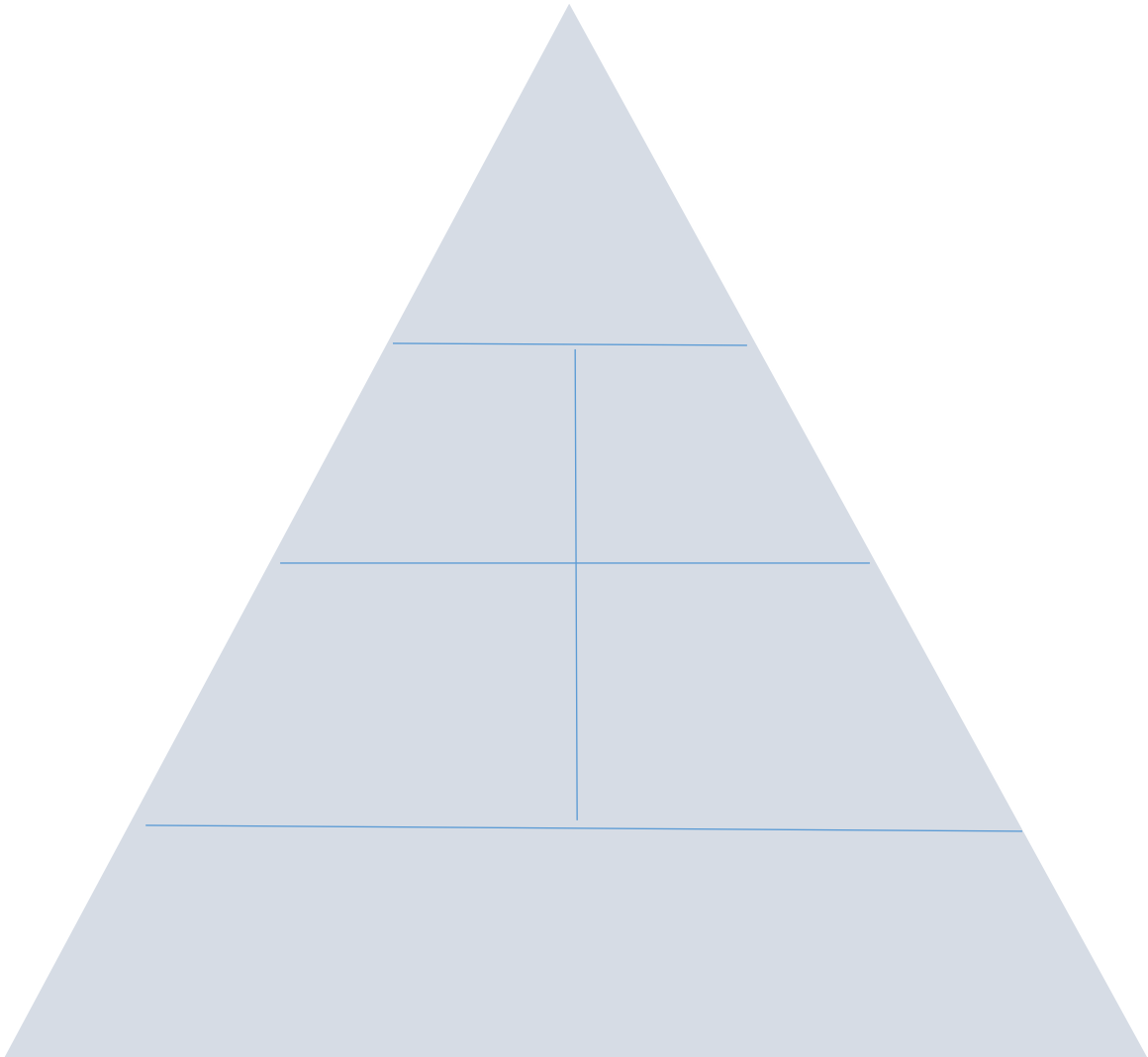
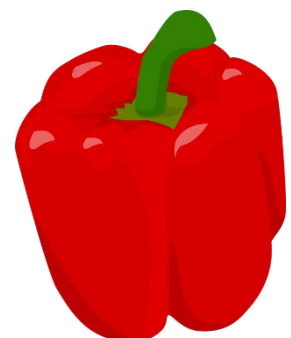
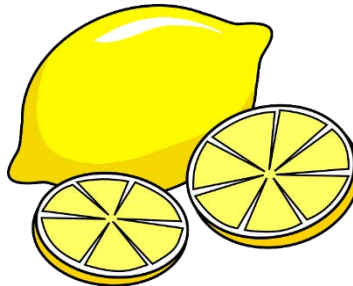
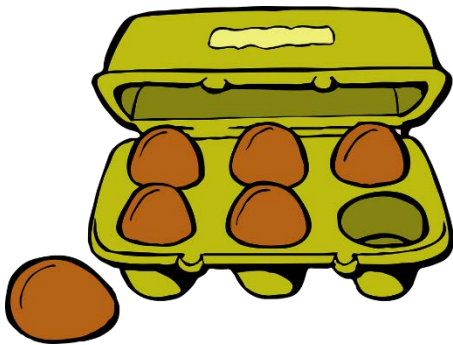
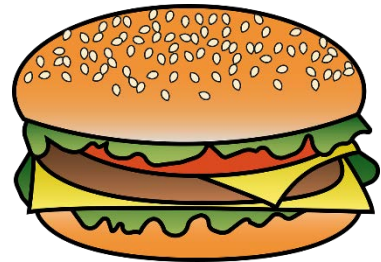
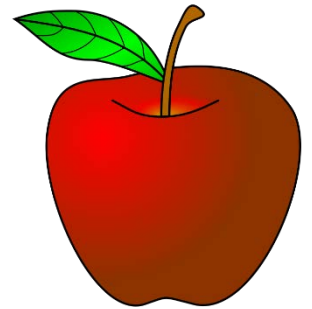
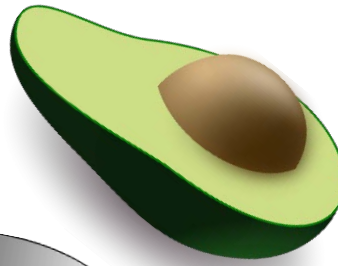
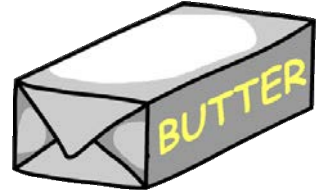
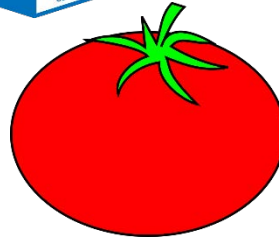
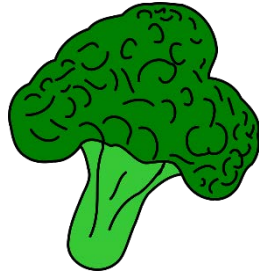
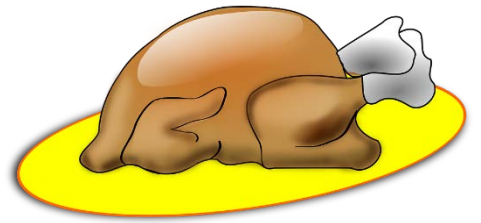
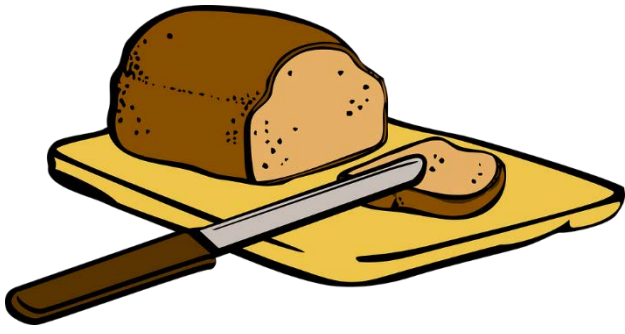


Activities

1. Create your own food pyramid. Cut at least 2 items for each group and glue them to the pyramid. Then, write them in the table. Eg. Dairy: cheese etc.

Grains	
Vegetables	
Fruits	
Dairy	
Protein	
Fats and sweets	





2. Food Pyramid Menu

Create your own healthy menu. Draw the items of food that you like to eat for breakfast, lunch, dinner, dessert and a snack.



The image shows a clipboard with a black background and a silver clip at the top. The word "MENÜ" is written in a large, gold, serif font in the center. Below the title, there are five light blue rectangular boxes, each containing a meal category in a white box with a black border. The categories are: Dessert, Dinner, Lunch, Breakfast, and Snack. The boxes are arranged vertically, with "Dessert" at the top and "Snack" at the bottom.

MENÜ

Dessert

Dinner

Lunch

Breakfast

Snack



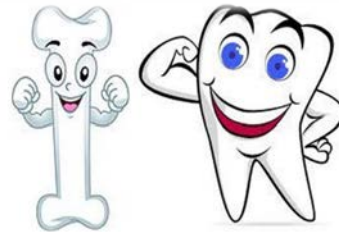
3. Look at the pictures and create the sentences with SHOULD/SHOULDN'T. Write down what people should or shouldn't eat to stay healthy. Example: GOOD EYESIGHT-You SHOULD EAT some carrots

1.	
2.	
3.	
4.	
5.	
6.	

1. No energy



2. Strong teeth and bones



3. Strong immunity



4. Healthy heart



5. Fresh breath



6. Problems with weight

