



THE FOOD PYRAMID

STEP 1: Watch this video: <https://www.youtube.com/watch?v=0KbA8pFW3tg>

STEP 2: There are 5 groups of food:

GROUPS	YOU CAN EAT IT...
1. Carbohydrates: Cereals and pasta	Daily
2. Fruits and vegetables	5 times a day
3. Milk and dairy	1-3 times a day
4. Proteins: fish, meat and eggs	1-3 times a day
5. Fats and sweets	Occasionally

STEP 3: Now, create your own Food Pyramid. You can draw it in a piece of paper or build a 3D one. You have the template below.

STEP 4: Then draw the different food in each step or cut it from a magazine and stick it.

In this case there is no need to share the task with Eli or Laia, but if you want to do it, you can take a photo of your job and send it to our email:

fcps.science.department@gmail.com

We will be very happy to know about you ☺



