



The Food Pyramid

The Food Pyramid shows how much of what you eat overall should come from each shelf to achieve a healthy, balanced diet.

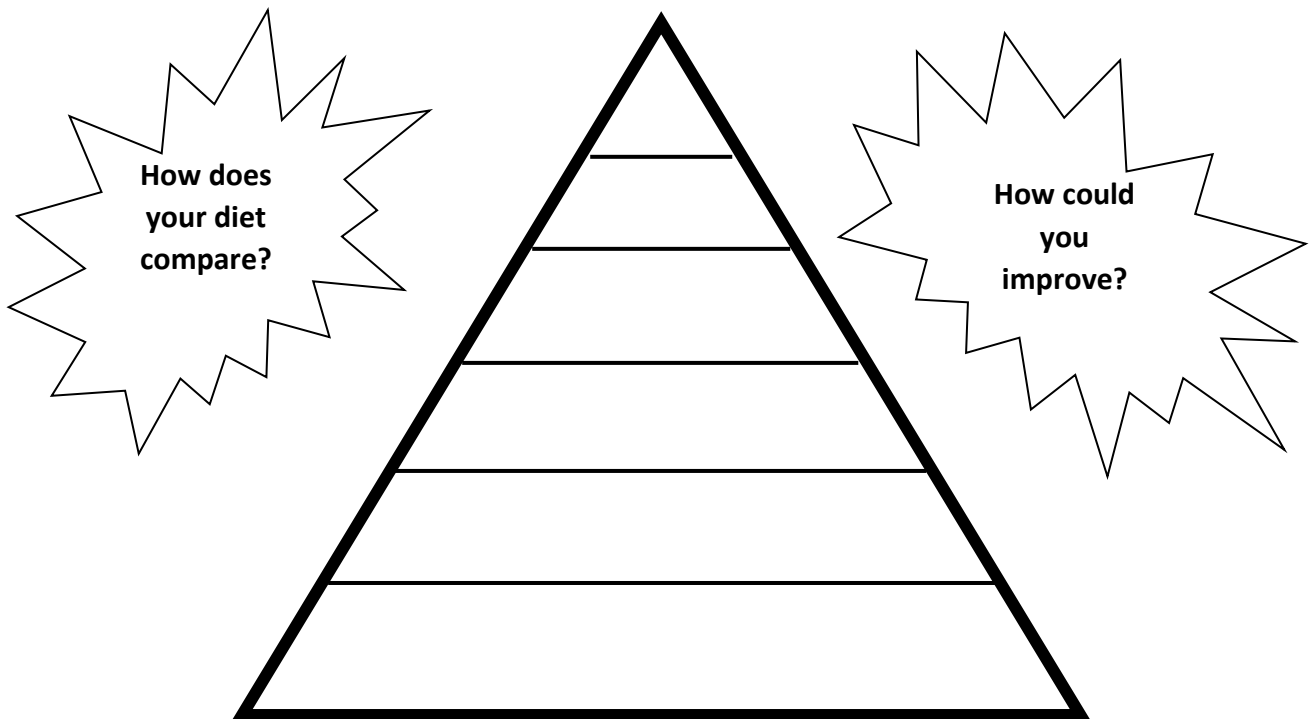
Order the following categories from of foods (1 to 6) as they appear (top to bottom) on the new food pyramid:

- Milk, yogurt and cheese
- Vegetables, salad and fruit
- Foods and drinks high in fat, sugar and salt
- Meat, poultry, fish, eggs, beans and nuts
- Wholemean cereals and breads, potatoes, pasta and rice
- Fats, spreads and oils

The **biggest** shelf is at the **bottom**. What do you think this means?

The **smallest** shelf is at the **top**. What do you think this means?

Healthy eating is about choosing the right amounts of a variety of foods from each shelf. Draw the amount and correct types of foods you are recomended to eat from each shelf on the pyramid below.



Don't forget to get active and keep hydrated!