

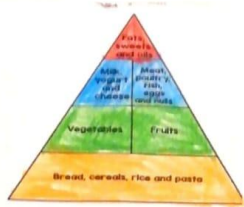
I. C. Via Carotenuto 30  
Progetto Salus per Scholam

---

Classe 5°D

Prima settimana

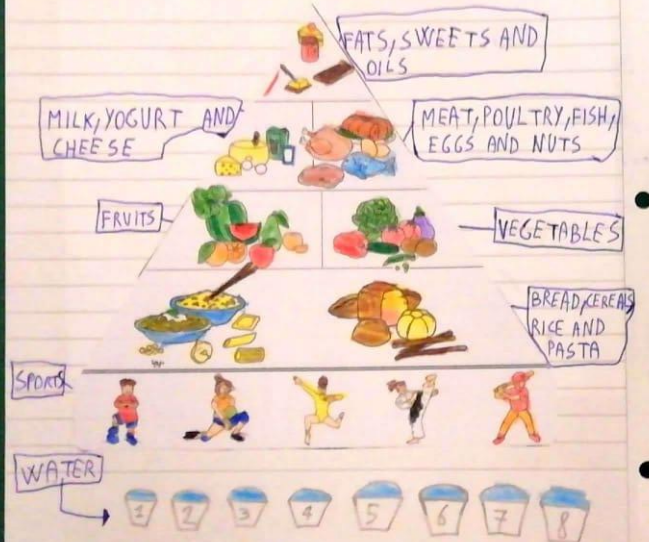
# PROGETTO "SALUS PER SCHOLAM"



**The Food Pyramid**

The food pyramid is a chart that gives us guidelines on eating correctly. It has 4 levels and 6 groups. The lowest level is the largest and consists of grains – bread, cereals, rice and pasta. These are the foods that should make up the largest portion of our diet. The next level consists of fruits and vegetables. Fruits and vegetables are an important part of our diet because they contain lots of vitamins and fiber. On the next level we have the meat group and the dairy group. Meats and dairy are important because it gives our body's protein and calcium which allows us to grow. Meats consist of beef, pork, chicken, fish, beans, nuts and eggs. Dairy consists of milk, cheese and yoghurt. On the top of the pyramid is the fats, oils and sweets group. We should eat very little of these to stay healthy.

# THE FOOD PYRAMID



# FAT AND SWEETS



# CALCIUM



# PROTEIN

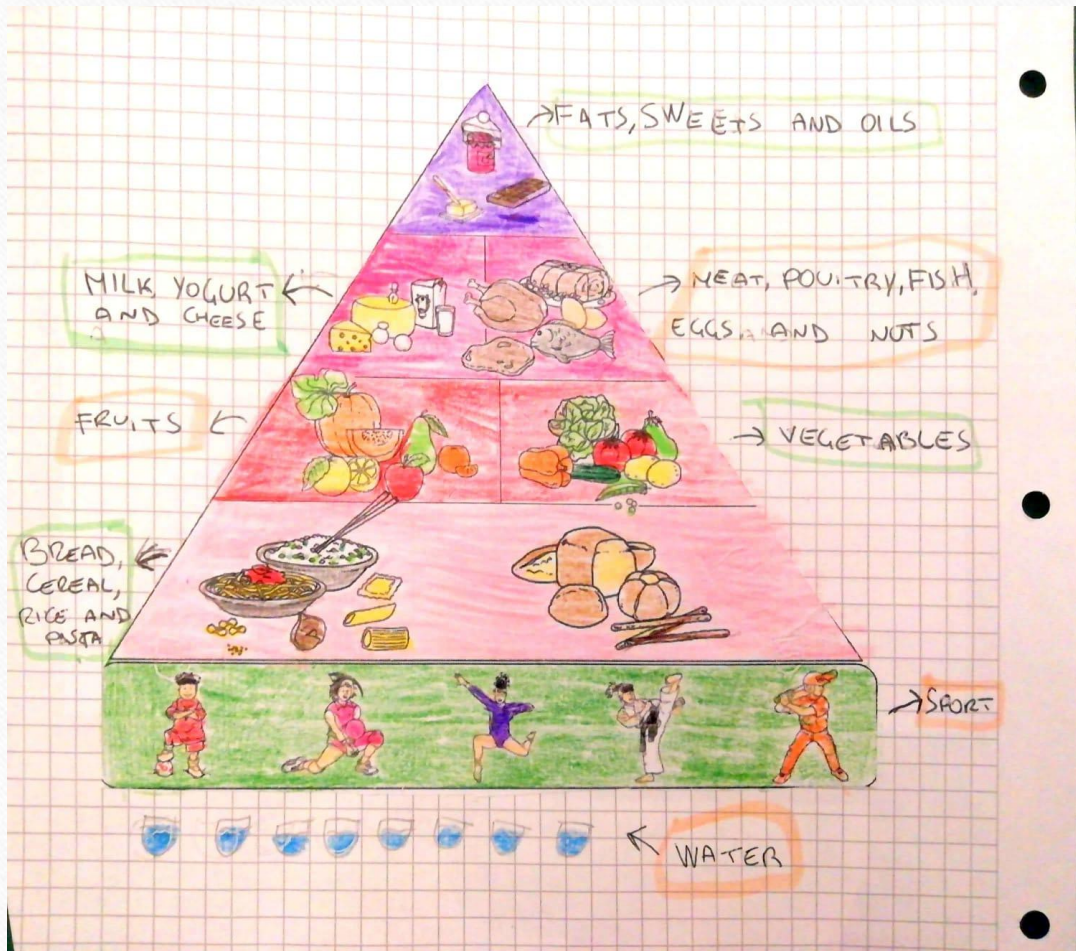


# VITAMINS



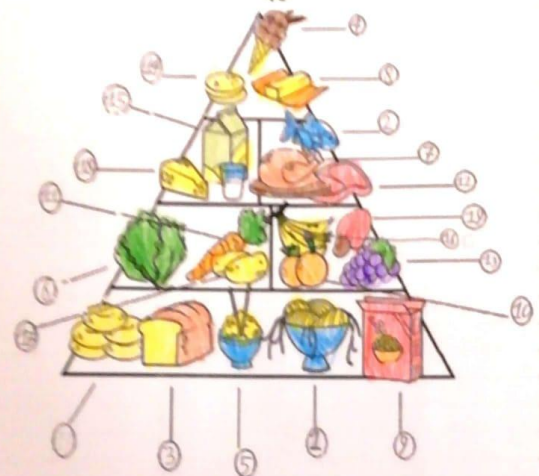
# CARBOHYDRATES





Scansionato con CamScanner

# Food Pyramid



- |              |             |                                   |
|--------------|-------------|-----------------------------------|
| 1. pasta     | 8. butter   | 14. <del>strawberry</del> PANCAKE |
| 2. fish      | 9. cereal   | 15. milk                          |
| 3. bread     | 10. oranges | 16. bananas                       |
| 4. ice cream | 11. carrot  | 17. potatoes                      |
| 5. rice      | 12. steak   | 18. cheese                        |
| 6. lettuce   | 13. grapes  | 19. cashew                        |
| 7. chicken   |             |                                   |

ISI Collective.com

Scansionato con CamScanner