

**“Tell me what you eat, and I’ll tell you what you are”.**



**Anthelme Brillat-Savarin, French lawyer and politician)**





## Bell Work



Make a list of the things  
you could do to keep your  
body fit and healthy.





Grains	Breads...	Give us B-viamines...
Vegetables	Carrots...	Give us vitamin A...
Fruits	Apples...	Give us vitamin C...
Oils	Olive oil...	give us important fatty acids...
Milk	Cheese...	give us calcium ...
Meat and beans	Poultry, eggs, nuts...	help build stronger muscles, ...

# Healthy vs. Unhealthy

What would someone be like if they were really healthy or if they were really unhealthy?







Listen to a conversation with a food specialist and say which question wasn't asked.

1. The food pyramid shows very little fat. Why?
2. What about fruit and vegetables?
3. How much bread should I eat every day?
4. Should we eat a lot of meat?
5. What about milk and milk products?

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# The Main Food Groups

- Carbohydrates
- Fats
- Proteins
- Fibre
- Vitamins and Minerals
- Water



Where do we get them from???

Make your own pyramid showing what you usually eat at home. Don't forget to include grains, vegetables, fruits, oils, milk, meat, beans. Compare both the pyramids and write about the difference. Use the sentences in the box.

**My diet is well balanced / unbalanced because... I should eat more... I should eat less... It is better to eat... It's healthy / unhealthy to eat...**