NATURAL SCIENCE

CEIP MAESTRA TERESA MORALES

4th GRADE

THE FOOD PYRAMID

**Watch the youtube video: The food pyramid**

<https://www.youtube.com/watch?v=0KbA8pFW3tg>

Here are the questions.

The answers are below.

Good luck!

**TRUE OR FALSE**

1. Fats and sweets contain a high number of calories.

2. You can eat meat every day.

3. Dairy food consists on milk, cheese, butter and yoghurts.

4. Doctors recommend eat only one piece of fruit and vegetable per day.

5. You must eat carbohydrates daily.

Answers:

1. True.

2. False – You should vary between fish, eggs and meat

3. True

4. False

5. True