

Healthy Food Pyramid (Πυραμίδα υγιεινής διατροφής)

1. Look at the food pyramid. Write the names of the food groups:

fats, sweets, oils

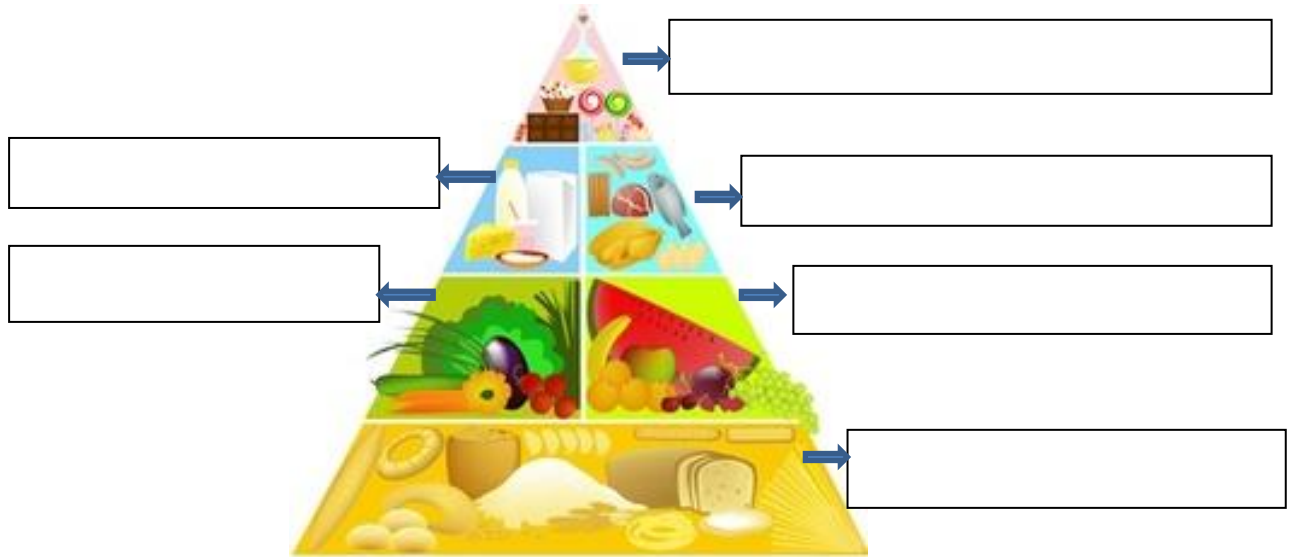
milk, cheese, eggs

meat, chicken, fish

vegetables

fruits

bread, cereal, rice,



2. Draw some food items in the food pyramid.

