

RETROALIMENTACIÓN INGLÉS
7° BÁSICO
THE FOOD PYRAMID



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Cross Curricular Natural Sciences; The food pyramid

Actividad 1; Observa los diferentes grupos de comida en la pirámide y responde las siguientes preguntas.

a) Why are the groups presented in a pyramid?
What does it mean?

It means that you eat less of an item at the top of the pyramid and you eat more of one at the bottom.

b) According to the image, what are dairy products?

They are products that have milk, like cheese and yoghurt.



Actividad 2; Analiza las siguientes preguntas. Puedes averiguar la información en Internet.

a) Why is it important for us to eat carbohydrates?

Because they give our bodies energy.

b) What would happen if we ate a lot of food high in fat, sugar and salt?

Eating food high in sugars, salts and fats can make you sick and have heart problems.

Actividad 3;

Copia la pirámide en tu cuaderno,
en cada grupo agrega al
menos 1 alimento que
comas de manera regular.

Chocolate and Soda



Milk and Chicken



Lettuce and Tomato



Pasta and Bread

