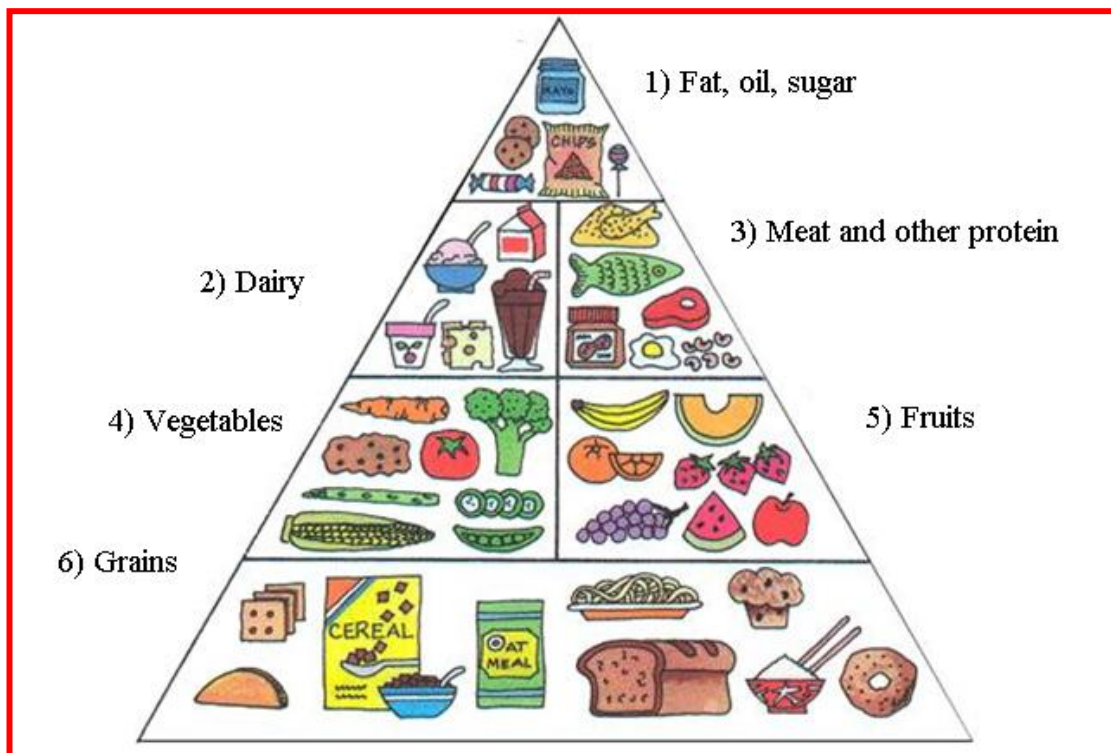


## HEALTHY FOOD

To be healthy, it's very important to eat the right foods and exercise. Look at this pyramid and choose the right foods for good health and fitness.

These are the groups of foods that we should eat every day. Try to eat less fats, oils and sweets. They are delicious, but let's eat more foods from the other groups, especially vegetables, meat, fruit, and cereal.



There are six groups in the food pyramid.

- ① Grain Group
- ② Vegetable Group
- ③ Fruit Group
- ④ Dairy Products Group
- ⑤ Protein Group
- ⑥ Fats, Sweets and Oil Group

