

Vocabulary: Some Important Food Words

bread



dairy



products



desserts



alcoholic beverages
beer, wine and liquor



nonalcoholic beverages
tea and coffee



fish
seafood

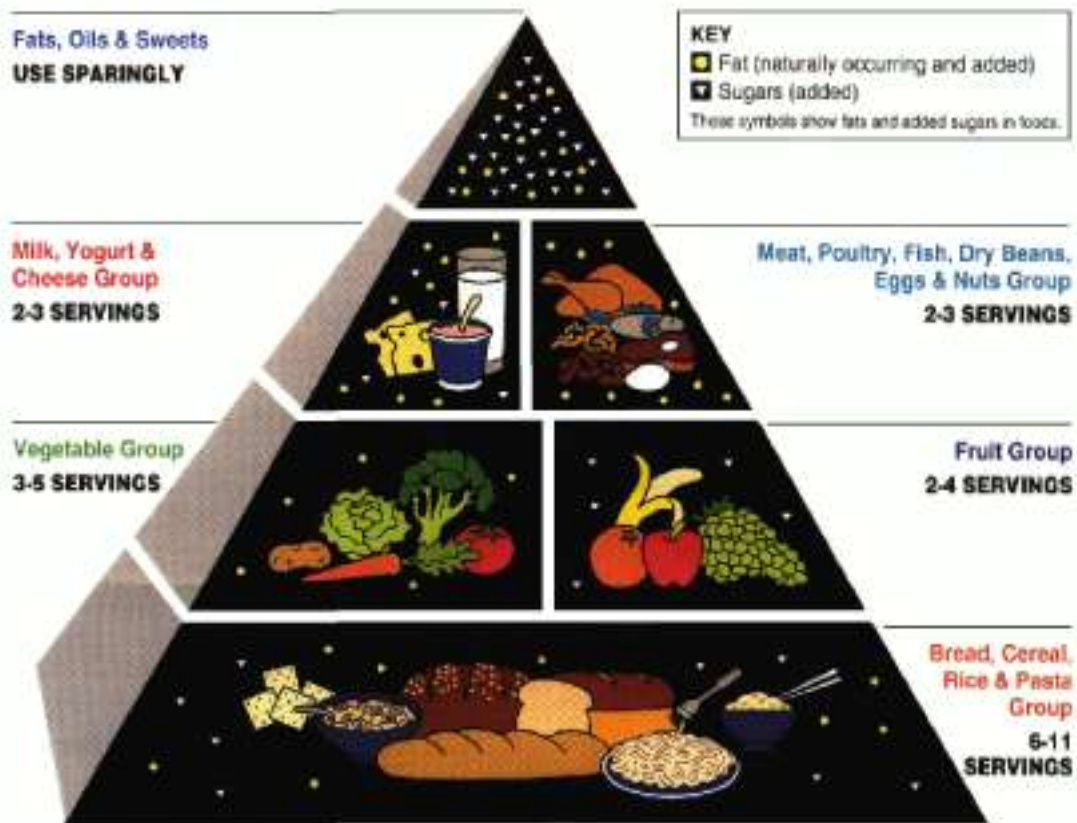
◆ The Food Pyramid

The picture on the next page is a food pyramid. It shows what food is most healthy and what food is not very healthy. The healthiest foods are at the bottom of the pyramid. It's OK to eat them often. The unhealthiest foods are at the top of the pyramid. Eat them in small quantities.

The food pyramid on the next page is based on traditional American food. The food pyramid after it is based on the Mexican culture.

There may be a pyramid online for your culture. One place to look is: <http://www.nal.usda.gov/fnic/>. Go to that page on the Internet. Then click on [| Food Guide Pyramid |](#) and [• Ethnic/Cultural Food Guide Pyramids](#). There is information about healthy eating in more than 30 languages on this Internet site.

A Food Pyramid Based on Traditional American Food

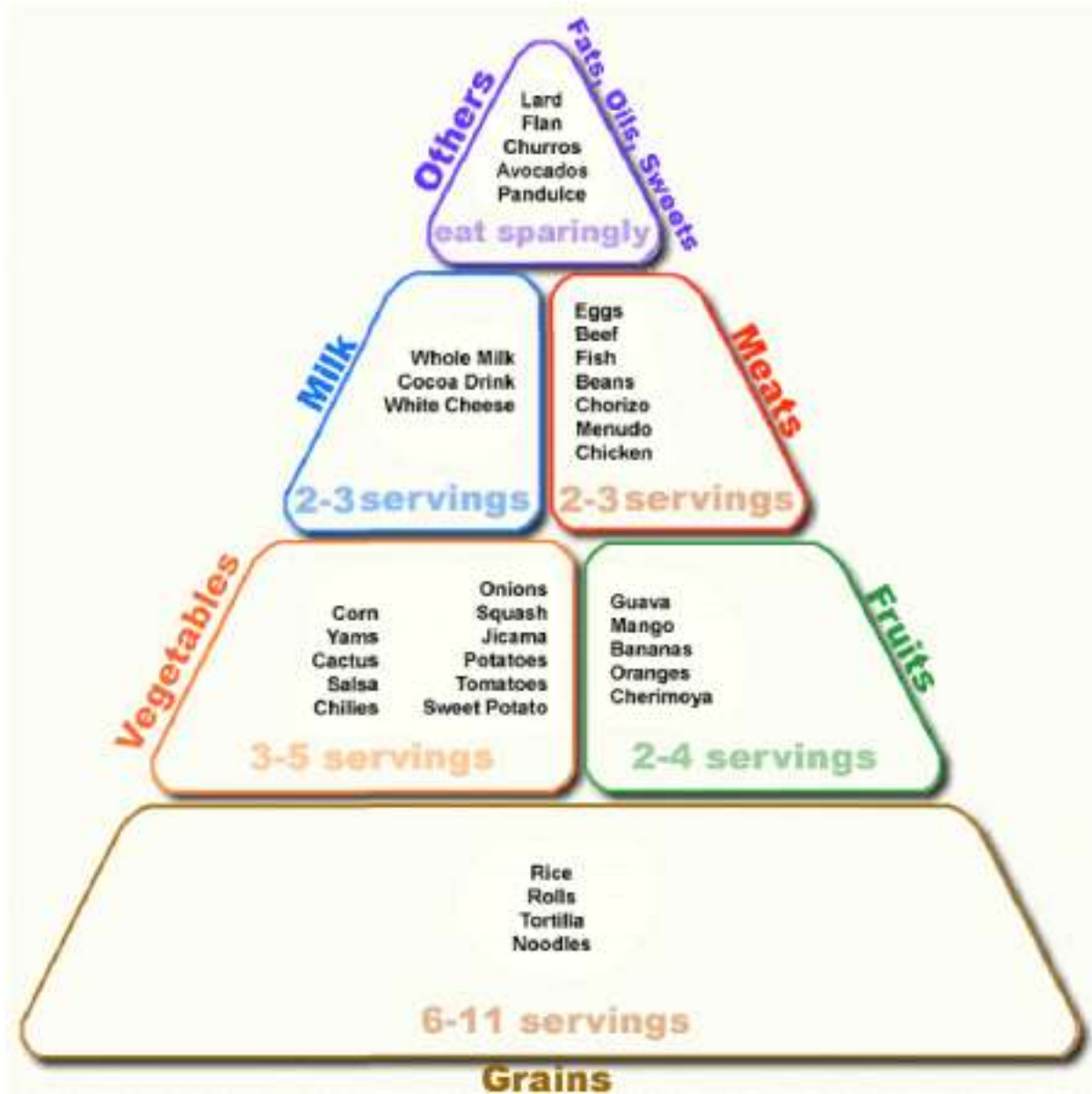


SOURCE: <http://www.nal.usda.gov/fnic/>

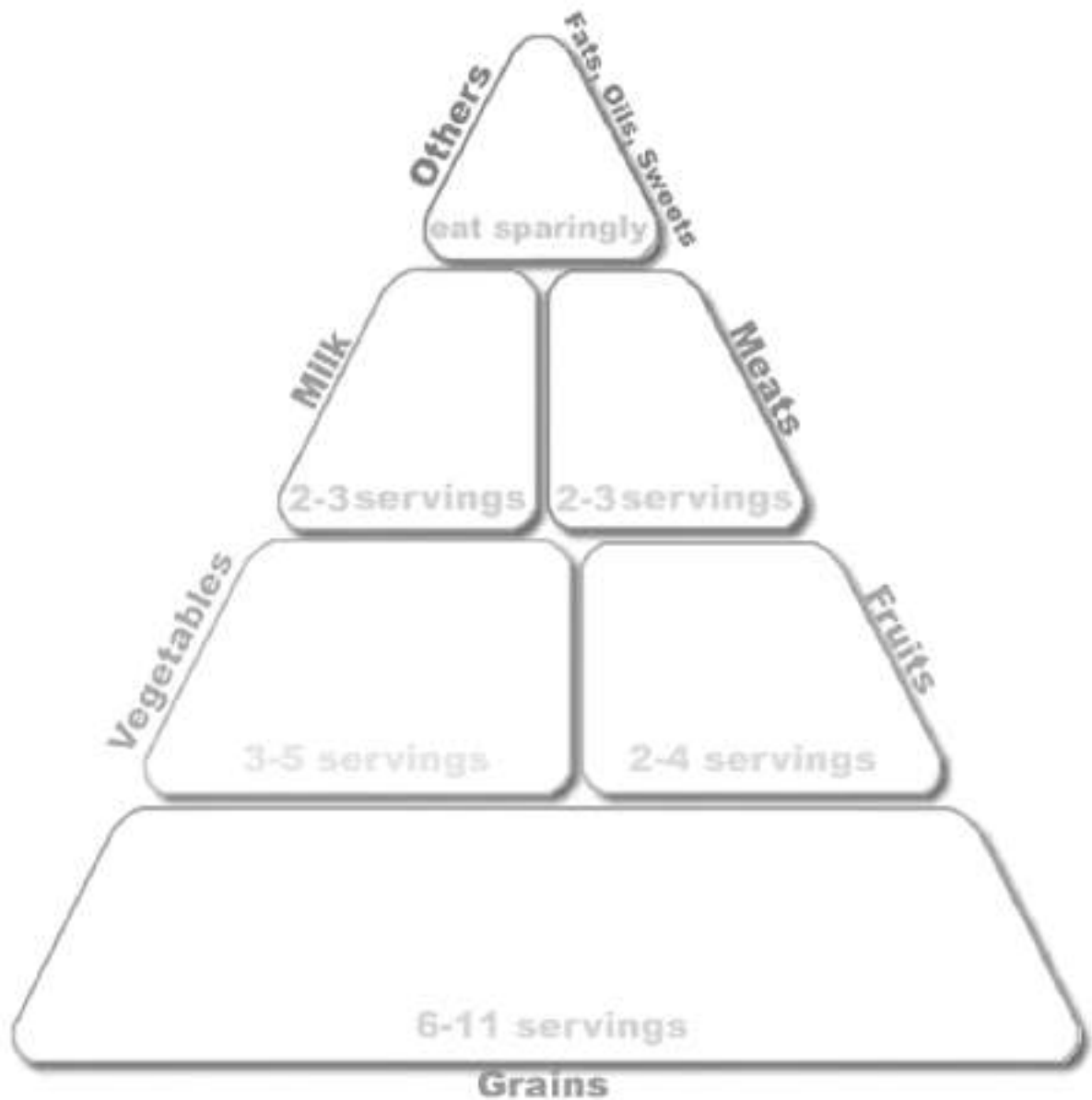
Important Food Pyramid Words to Memorize

The Food Pyramid Word:	The Word in Your Language:
1 fats	
2 oils	
3 sweets (candy, cake, pies)	
4 servings	
5 sparingly	
6 dairy products (milk, yogurt, cheese)	
7 meat	
8 poultry	
9 beans	
10 nuts	
11 cereal	
12 pasta	

A Food Pyramid Based on Traditional Mexican Food



SOURCE: <http://www.nal.usda.gov/fnic/>



Think about the foods you eat regularly. Think about your favorite foods. Put foods you eat on the food pyramid. (You can either draw them or write their names.)

Do you eat the right amount of these foods? If not, what changes can you make to be more healthy?

◆ What new foods can you add that would help you be more healthy in what you eat?