

UNDERSTANDING THE FOOD PYRAMID

Top Shelf foods are high in fat, sugar and salt, are not essential for health and taken excess can be harmful.



Maximum **1**

Fats and oils are essential, but only in small amounts.



Choose any **2**

The foods and drinks on the bottom 4 shelves of the Food Pyramid are essential for good health.



Choose any **2**

A Guide to Measures

1 small glass = 100 ml

1 large glass = 200 ml

1 cup = 200 ml

A disposable cup is a good guide

1 teaspoon = 5 g/ml

1 heaped teaspoon = 7 g/ml

1 dessert spoon = 10 g/ml



Choose any **3**



Choose any **5⁺**



Choose any **6⁺**