

หน่วยการเรียนรู้ที่ 2 ชื่อหน่วย Food เรื่อง Eat Healthy, Stay Healthy!

ใบงานที่ 2 เรื่อง Food Pyramid

B Instructions: Read the food pyramid, then decide if each sentence below is true (T) or false(F). Circle “T” or “F”.

1. Children need 2 servings of milk a day.	T	F
2. It is ok to eat 3 servings of sweets a day.	T	F
3. The group which includes fats is the smallest group in the pyramid.	T	F
4. People need fruits and vegetables the most in the pyramid.	T	F
5. Chicken (without skin) is a good choice for health.	T	F
6. Yoghurt is part of the second step in the pyramid.	T	F
7. People shouldn't eat grains daily.	T	F
8. The base of the pyramid is beans and nuts.	T	F
9. People should eat dairy products 1-3 times a day.	T	F
10. Fruit is the first step of the pyramid.	T	F