



บัตรคำศัพท์

5 Groups of Food



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)

carbohydrates

fruits and
vegetables

dairy

proteins

fats and sweets



 **green curry**



 **fried chicken**





Eat healthy, stay healthy



Learning Objectives

- 1. Students will be able to identify groups of food.**
- 2. Students will be able to read and identify the main idea about the food pyramid.**
- 3. Students will be able to write and express their opinions about their own food pyramid.**





How many groups of food are there?

 carbohydrates

 fruits and vegetables

 dairy

 proteins

 fats and sweets

WORD



Station



carbo**h**ydrates



the energy sources your body gets from foods like sugar, bread, potatoes, pasta, and rice.



fruits and **ve**getables



They are essential for health. They give you essential nutrients, boost your immunity, help digestion, and lower your risk of long-term diseases.

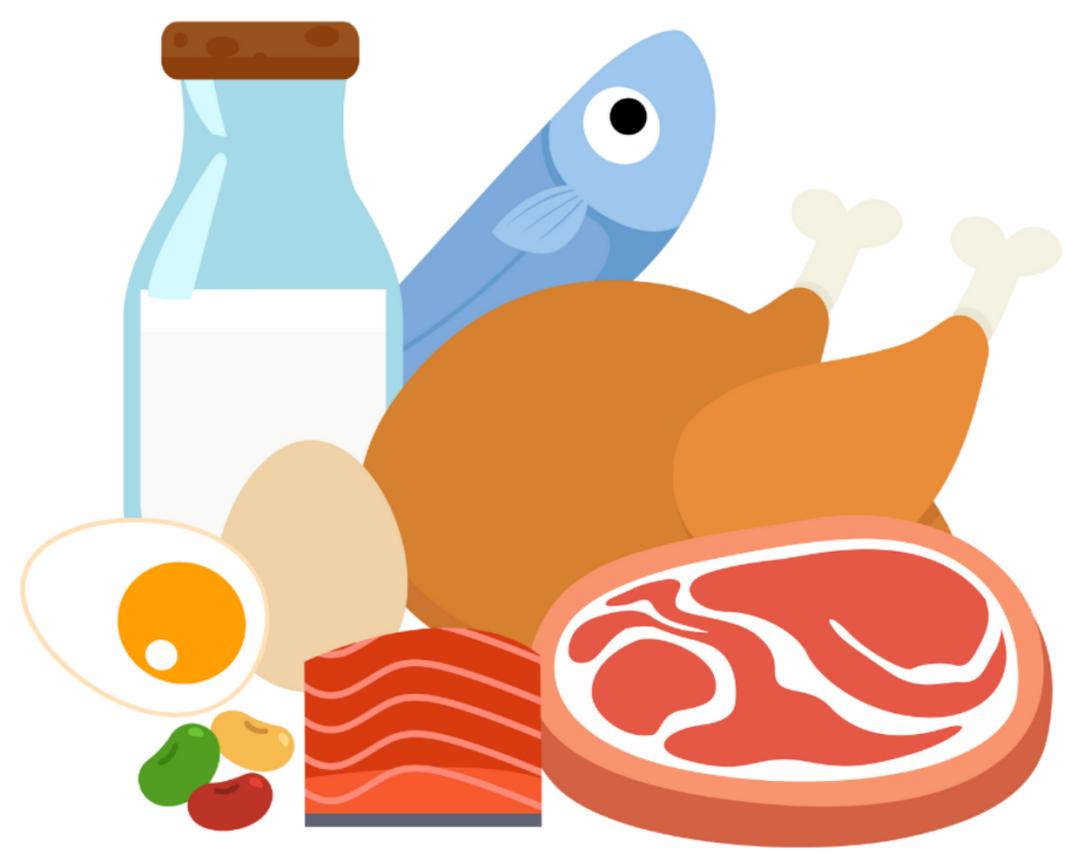


dairy



**foods that are made from milk,
such as cream, butter, and
cheese**

proteins



the substances found in food such as meat, cheese, fish, or eggs, that are necessary for the body to grow and be strong



poultry

It is the meat from birds such as chickens.



 **sau**sages







bacon





fats and sweets



These provide energy but few other nutrients. They should be eaten in small amounts (e.g., oils, butter, candy, cakes).



rapeseed oil

a vegetable oil extracted from the seeds of the rapeseed plant





olive oil

a liquid fat obtained by pressing whole olives, the fruits of the olive tree





sunflower oil

a cooking oil made by pressing
the seeds of the sunflower plant



 **corn oil**

**The common vegetable oil
extracted from corn**



ใบความรู้ที่ 5

Food Pyramid

(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)

ใบความรู้ที่ 5 เรื่อง Food Pyramid
หน่วยการเรียนรู้ที่ 2 เรื่อง Food
แผนการจัดการเรียนรู้ที่ 11 เรื่อง Eat health, stay healthy
รายวิชา ภาษาอังกฤษ รหัสวิชา อ22101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 2
ชื่อ - สกุล ชั้น..... เลขที่

Healthy Food for Life www.healthyireland.ie

The Food Pyramid For adults, teenagers and children aged five and over

Foods and drinks high in fat, sugar and salt **NOT every day**
Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Fats, spreads and oils **Use as little as possible**
Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible - grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts **2 servings a day**
Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese **3 servings a day**
Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice **3-5 servings a day**
Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

Vegetables, salad and fruit **5-7 servings a day**
Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

***Daily Servings Guide - wholemeal cereals and breads, potatoes, pasta and rice**

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
↑	3-4	4	4-5	3-4	↓	3	3-4	3
↓	3-5	5-7	5-7	4-5	↓	4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Average daily calorie needs for all foods and drinks for adults

Active 2000kcal	Inactive 1800kcal	Active 2500kcal	Inactive 2000kcal
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Serving size guide

- Cereals, cooked rice and pasta, and vegetables, salad and fruit**
Use a 200ml disposable plastic cup to guide serving size.
- Cheese**
Use two thumbs, width and depth to guide serving size.
- Meat, poultry, fish**
The palm of the hand, width and depth without fingers and thumb, shows how much you need in a day.
- Reduced-fat spread**
Portion packs found in tins can guide the amount you use. One pack should be enough for two slices of bread.
- Oils**
Use one teaspoon of oil per person when cooking or in salads.

Drink at least 8 cups of fluid a day - water is best

Get Active!
To maintain a healthy weight, adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Source: Department of Health, December 2016.

© <https://www.gov.ie/en/publication/70a2e4-the-food-pyramid/>

foods and drinks high in fat, sugar, and salt

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every
day**



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fats, spreads, and oils

In very
small
amount



Use as little as possible. Choose rapeseed, olive, canola, sunflower, or corn oils. Limit mayonnaise, coleslaw, and salad dressings as they also contain oil. Always cook with as little fat or oil as possible - grilling, oven-baking, steaming, boiling, or stir-frying.

meat, poultry, fish, eggs, beans, and nuts

**2
servings
a day**



Choose lean meat, poultry (without skin), and fish. Eat oily fish up to twice a week. Choose eggs, beans, and nuts. Limit processed salty meats such as sausages, bacon, and ham.

milk, yogurt, and cheese

5 for children
aged 9-12 and
teenagers aged
13-18

3
servings
a day



Enjoy cheese in small amounts. Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Women who are pregnant or breastfeeding need 3 servings a day.

**3-5
servings
a day**



**whole meal cereals and
pieces of bread, potatoes,
pasta, and rice**

Enjoy each meal. The number of servings depends on age, size if you are a man or a woman, and activity levels. Whole meals and wholegrain cereals are best.



**5-7
servings
a day**

**vegetables, salad,
and fruits**

**Base your meals on these and enjoy a variety of colors.
More is better. Limit fruit juice to unsweetened once a day**

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.



ใบงานที่ 10

5 Groups of Food (A)



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)

ใบงานที่ 10 เรื่อง 5 Groups of Food (A)

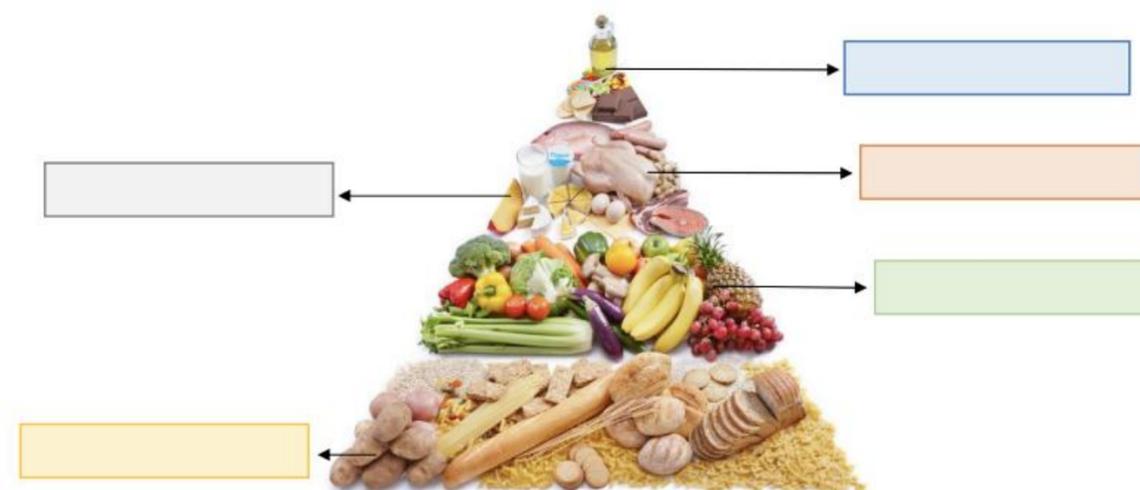
หน่วยการเรียนรู้ที่ 2 เรื่อง Food

แผนการจัดการเรียนรู้ที่ 11 เรื่อง Eat health, stay healthy

รายวิชา ภาษาอังกฤษ รหัสวิชา อ22101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 2

ชื่อ - สกุล ชั้น..... เลขที่.....

Directions: Label the groups of food.



proteins

carbohydrates

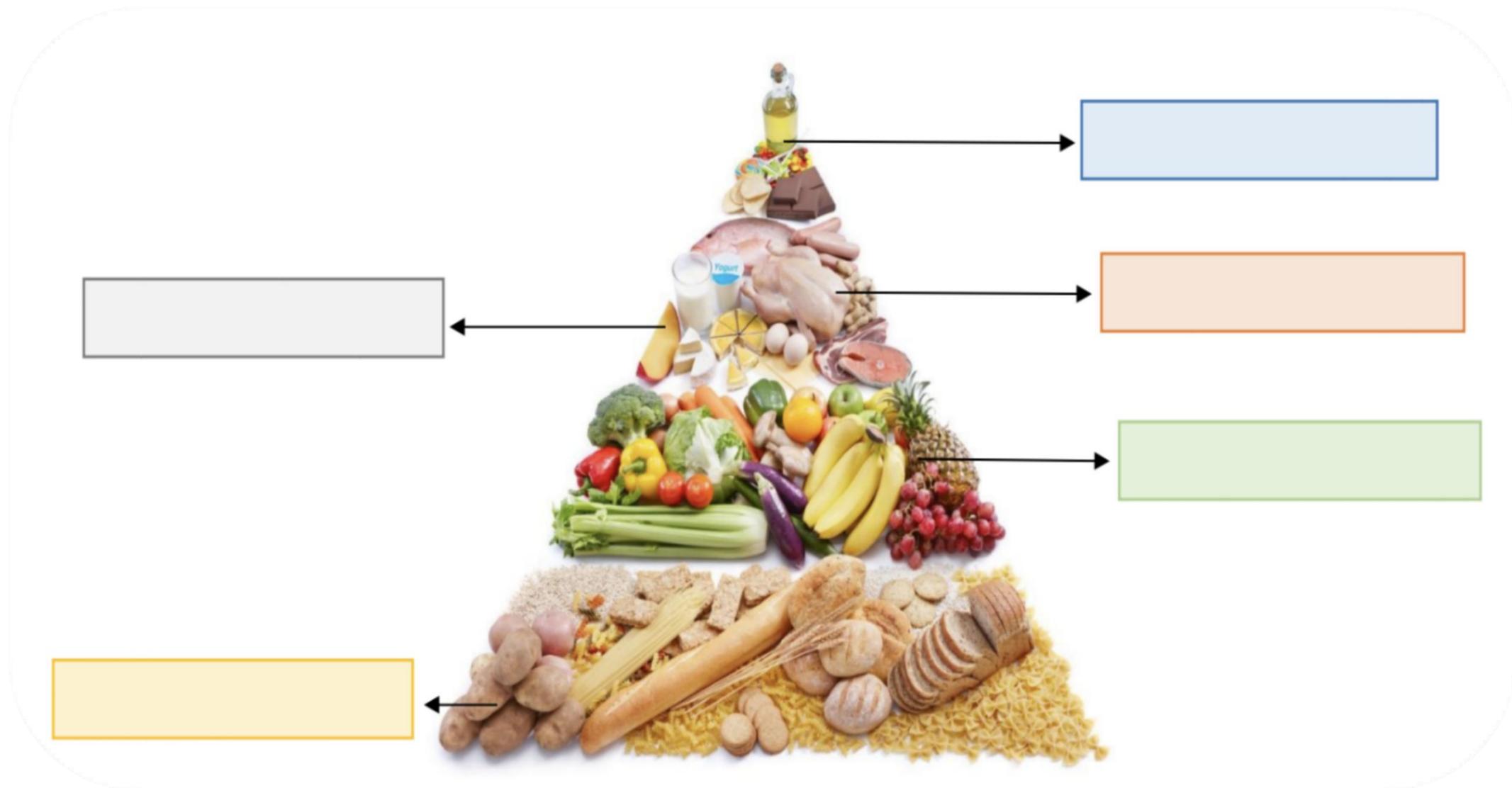
fruits and vegetables

dairy

fats and sweets

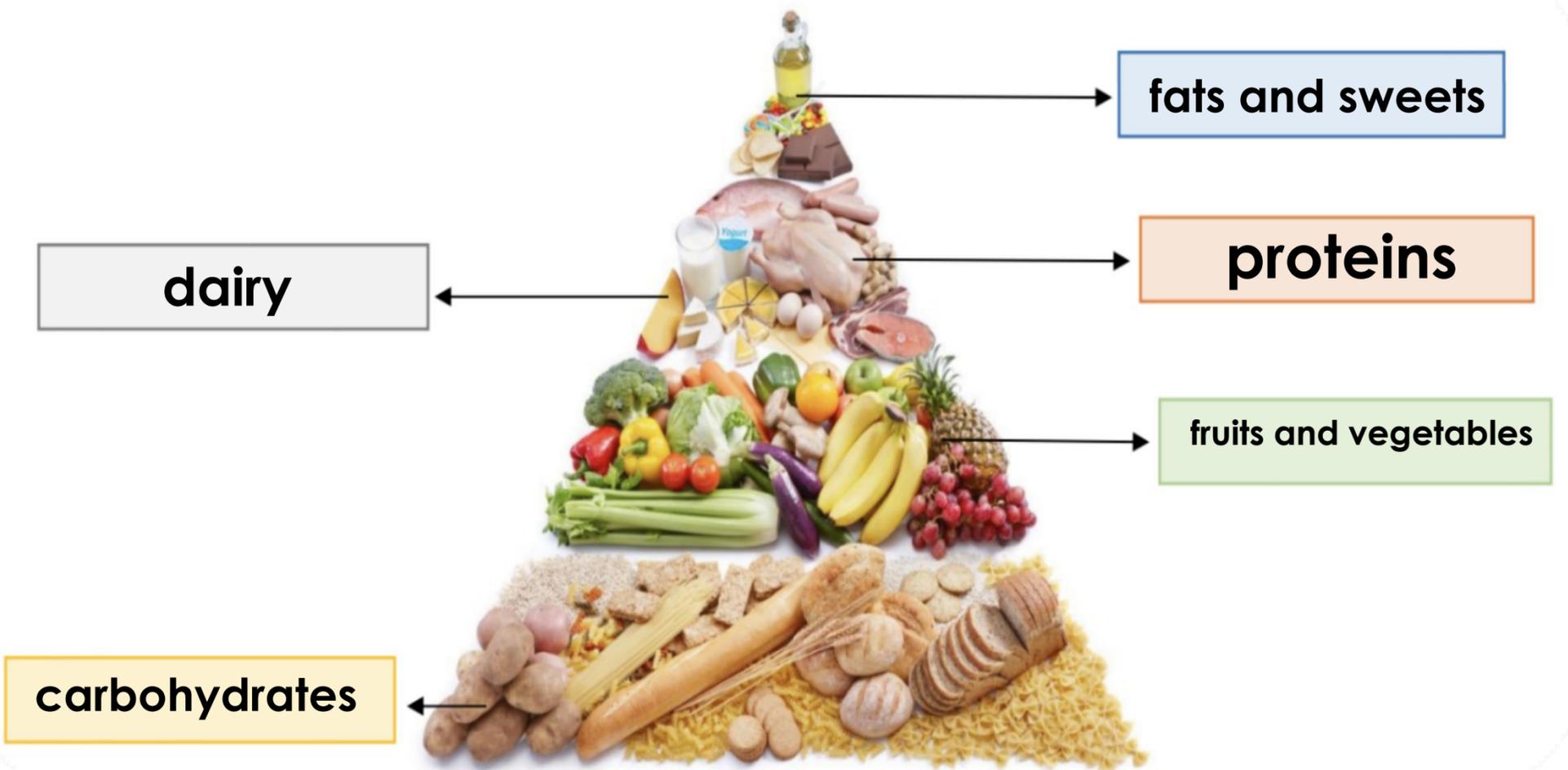
Worksheet 10 : 5 Groups of Food (A)

Directions:
Label the groups
of food.



Worksheet 10 : 5 Groups of Food (A)

proteins
carbohydrates
fruits and vegetables
fats and sweets
dairy



Worksheet 10 : 5 Groups of Food (B)

**Directions : 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

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

T

F

1. Children need 2 servings of milk a day.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

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Milk, yogurt and cheese



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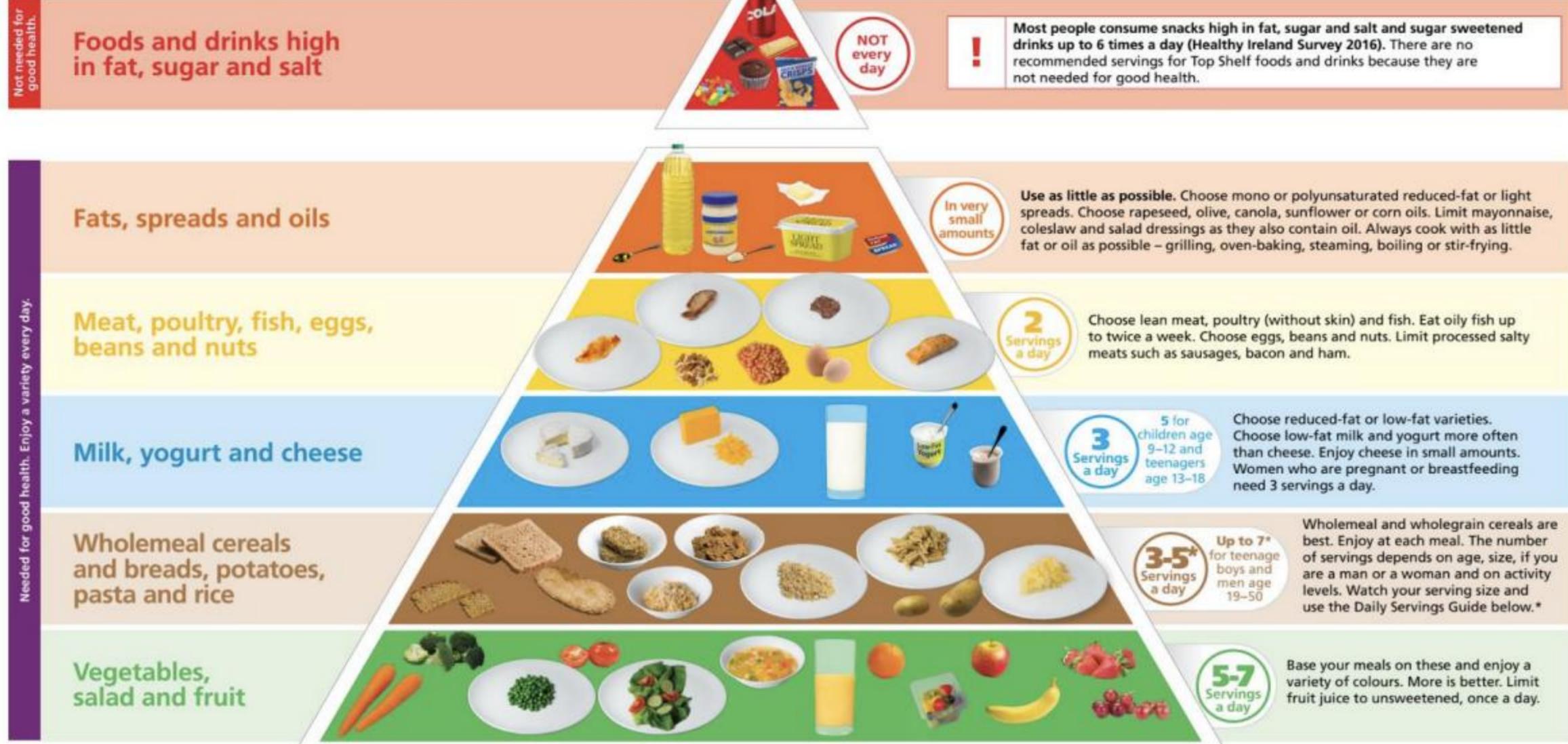
T

F

1. Children need 2 servings of milk a day.

The Food Pyramid

For adults, teenagers and children aged five and over



T
F

2. It is okay to eat 3 servings of sweets a day.

The Food Pyramid

Not needed for good health.

Foods and drinks high in fat, sugar and salt



For adults, teenagers and children aged five and over

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Needed for good health. Enjoy a variety every day.

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Meat, poultry, fish, eggs, beans and nuts

2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese

3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice

3-5* Servings a day

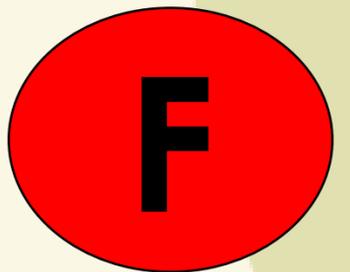
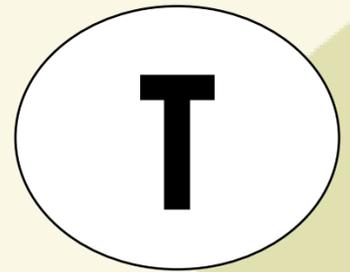
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Vegetables, salad and fruit

5-7 Servings a day

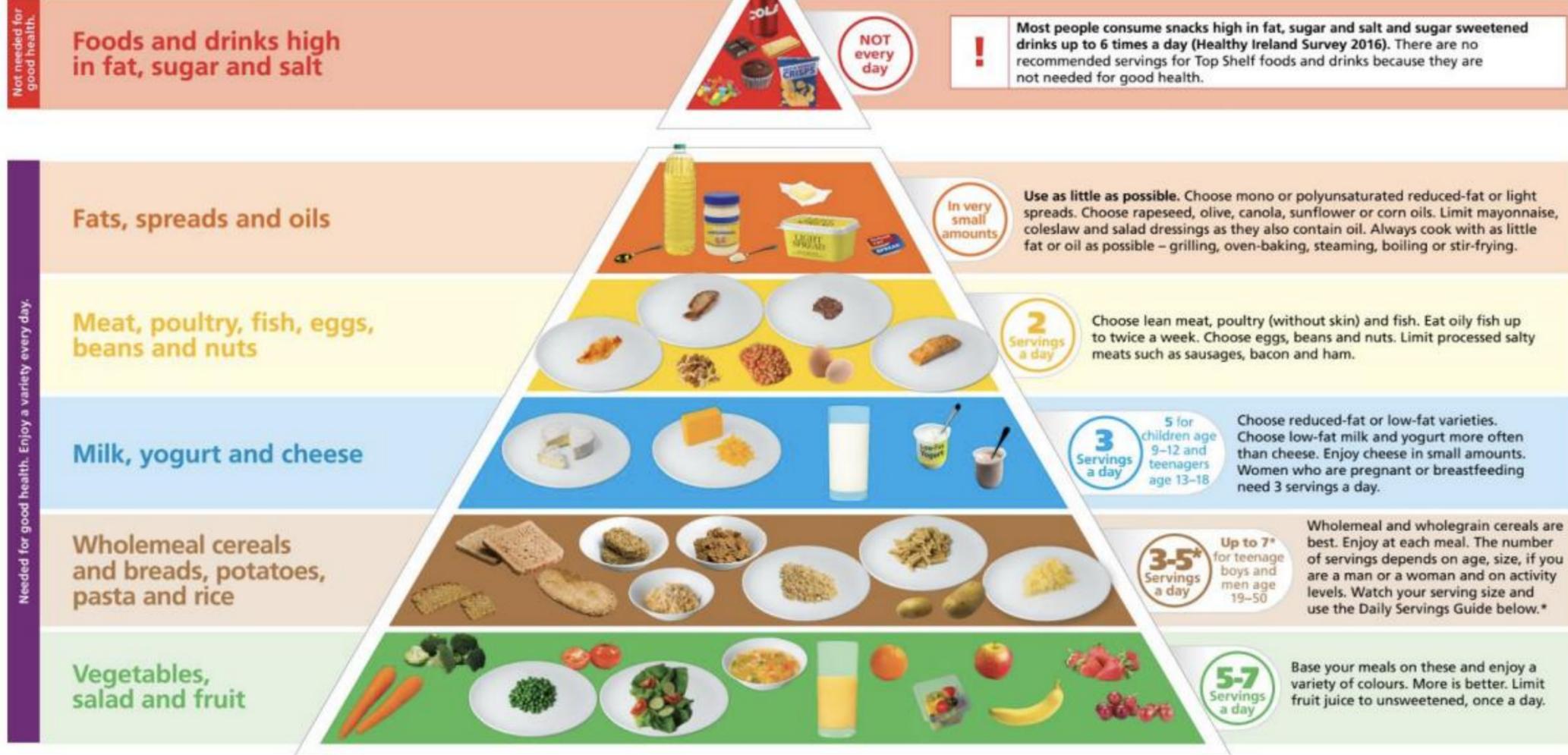
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2. It is okay to eat 3 servings of sweets a day.

The Food Pyramid

For adults, teenagers and children aged five and over



T

F

3. The group which includes fats is the smallest group in the pyramid.

The Food Pyramid

For adults, teenagers and children aged five and over



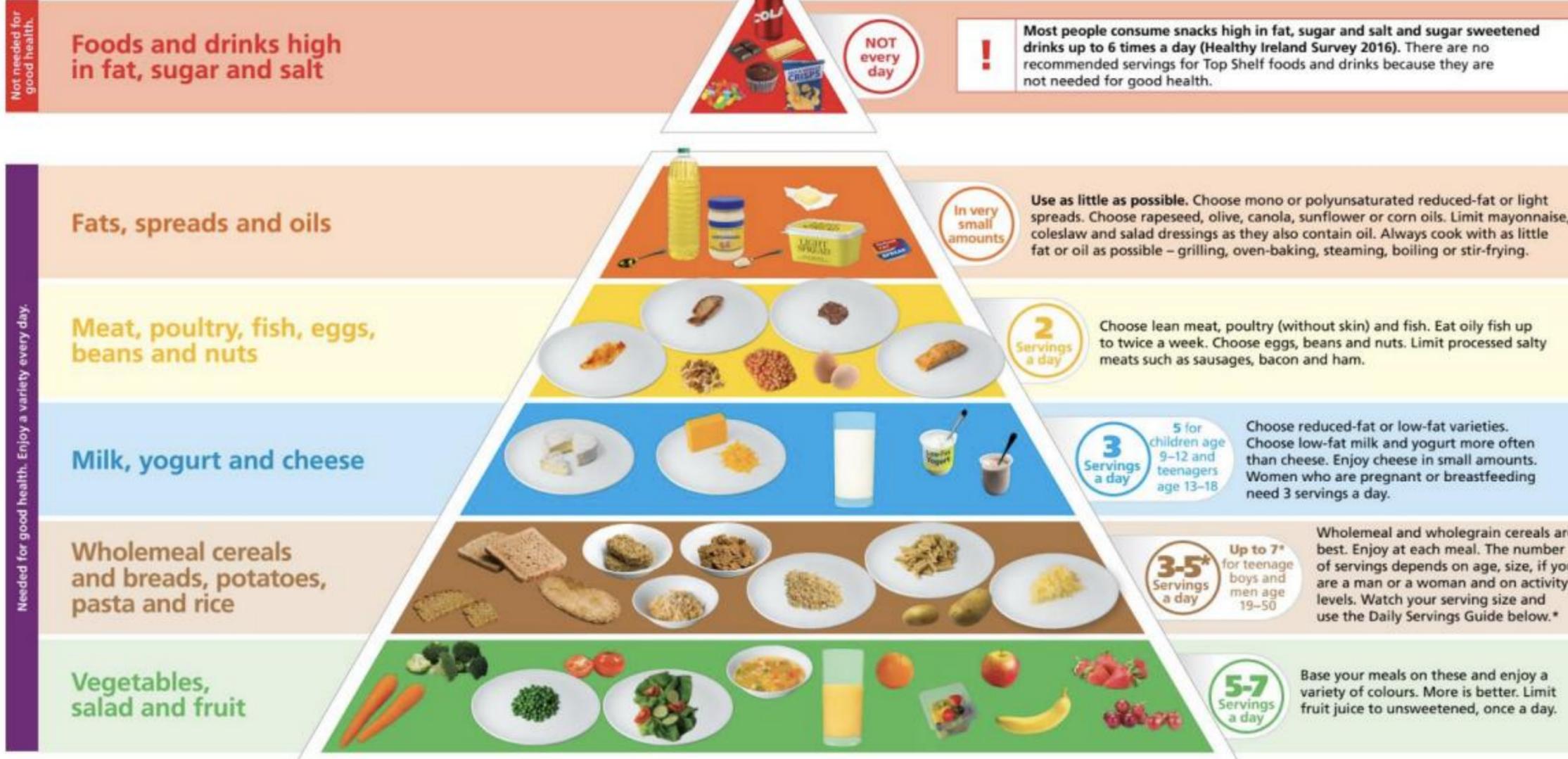
T

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The Food Pyramid

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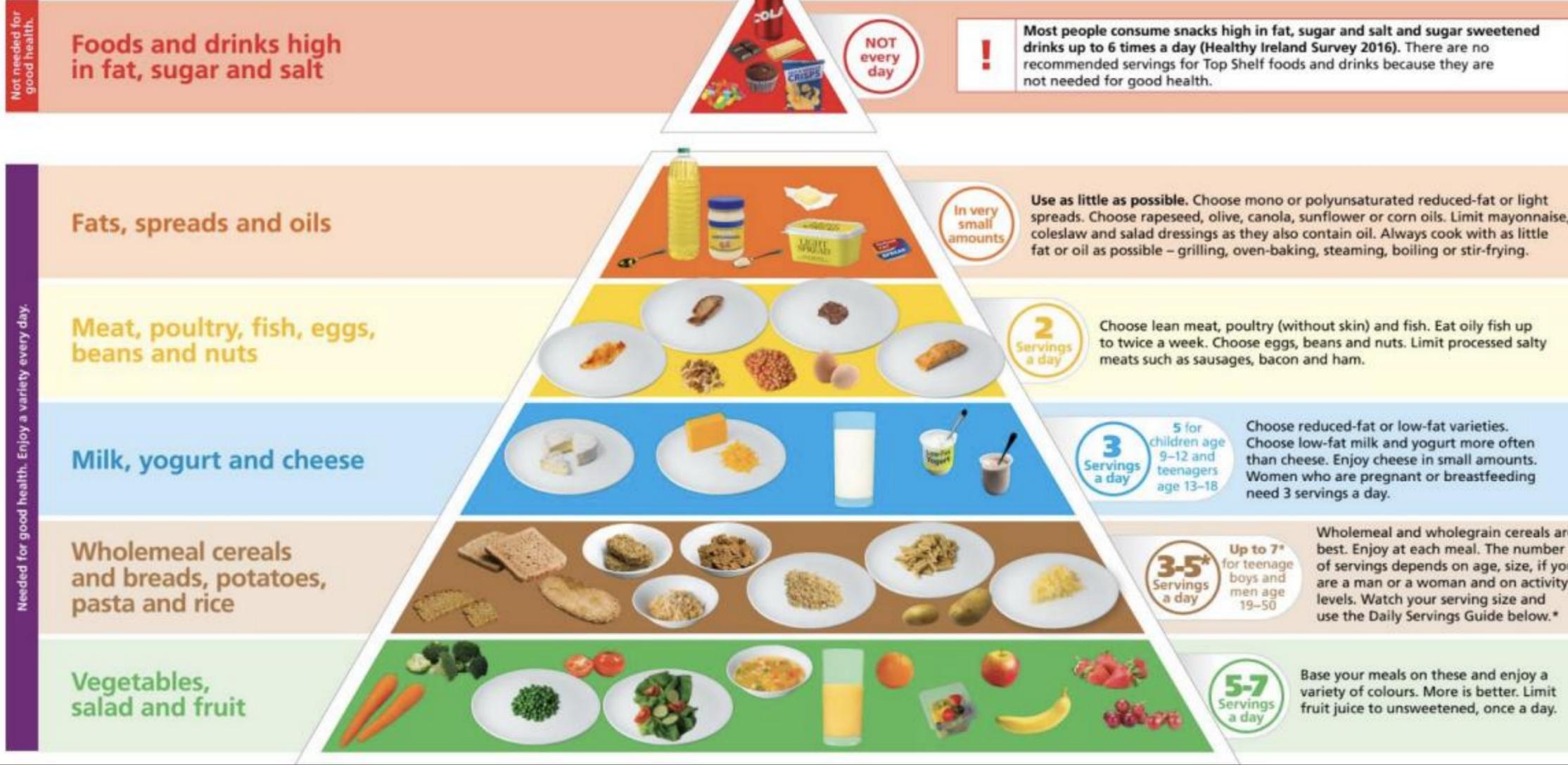


T
F

4. People need fruits and vegetables the most in the pyramid.

The Food Pyramid

For adults, teenagers and children aged five and over



T

F

4. People need fruits and vegetables the most in the pyramid.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

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Needed for good health. Enjoy a variety every day.

Fats, spreads and oils



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18. Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50. Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

T

F

5. Chicken (without skin) is a good choice for health.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



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Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

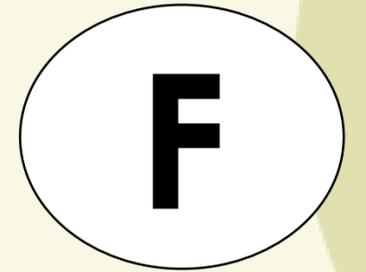
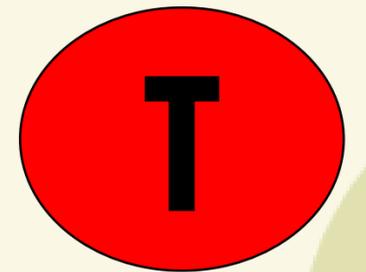
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Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.



5. Chicken (without skin) is a good choice for health.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

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Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18. Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50. Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

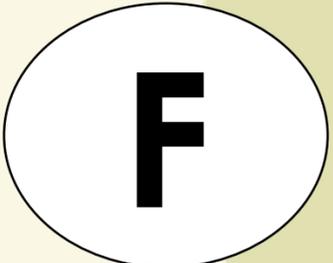
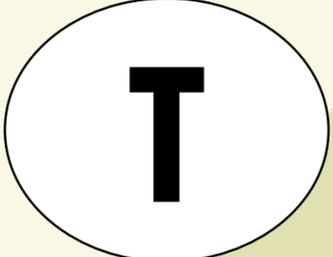
Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

Needed for good health. Enjoy a variety every day.



6. Yoghurt is part of the second step in the pyramid.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

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In very small amounts

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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

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Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18. Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50. Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

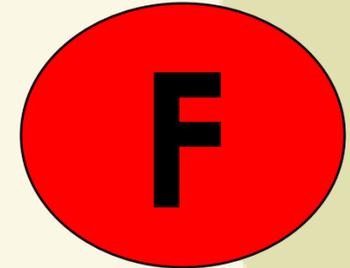
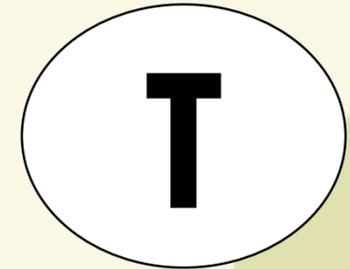
Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

Needed for good health. Enjoy a variety every day.



6. Yoghurt is part of the second step in the pyramid.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day



Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Fats, spreads and oils



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

Needed for good health. Enjoy a variety every day.

T

F

7. People shouldn't eat grains daily.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day



Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

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3 Servings a day

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Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

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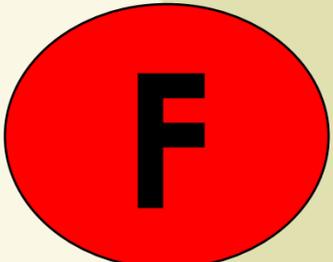
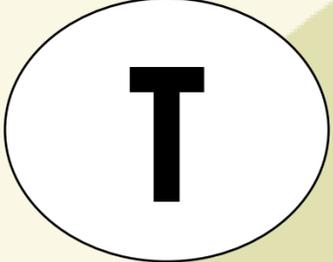
Vegetables, salad and fruit



5-7 Servings a day

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Needed for good health. Enjoy a variety every day.



7. People shouldn't eat grains daily.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



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Fats, spreads and oils



In very small amounts

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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

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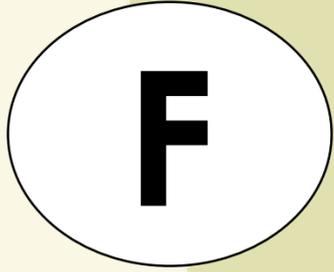
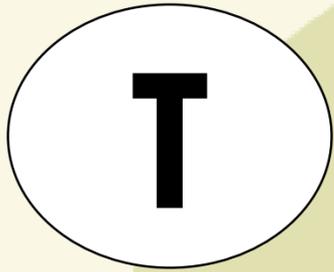
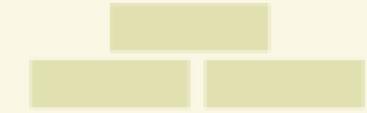
Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

Needed for good health. Enjoy a variety every day.



8. The base of the pyramid is beans and nuts.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Fats, spreads and oils



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50

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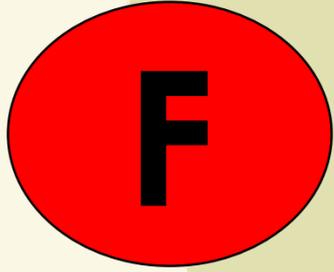
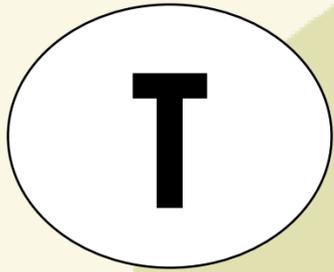
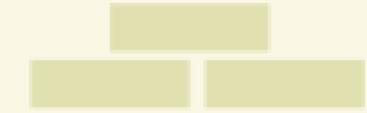
Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

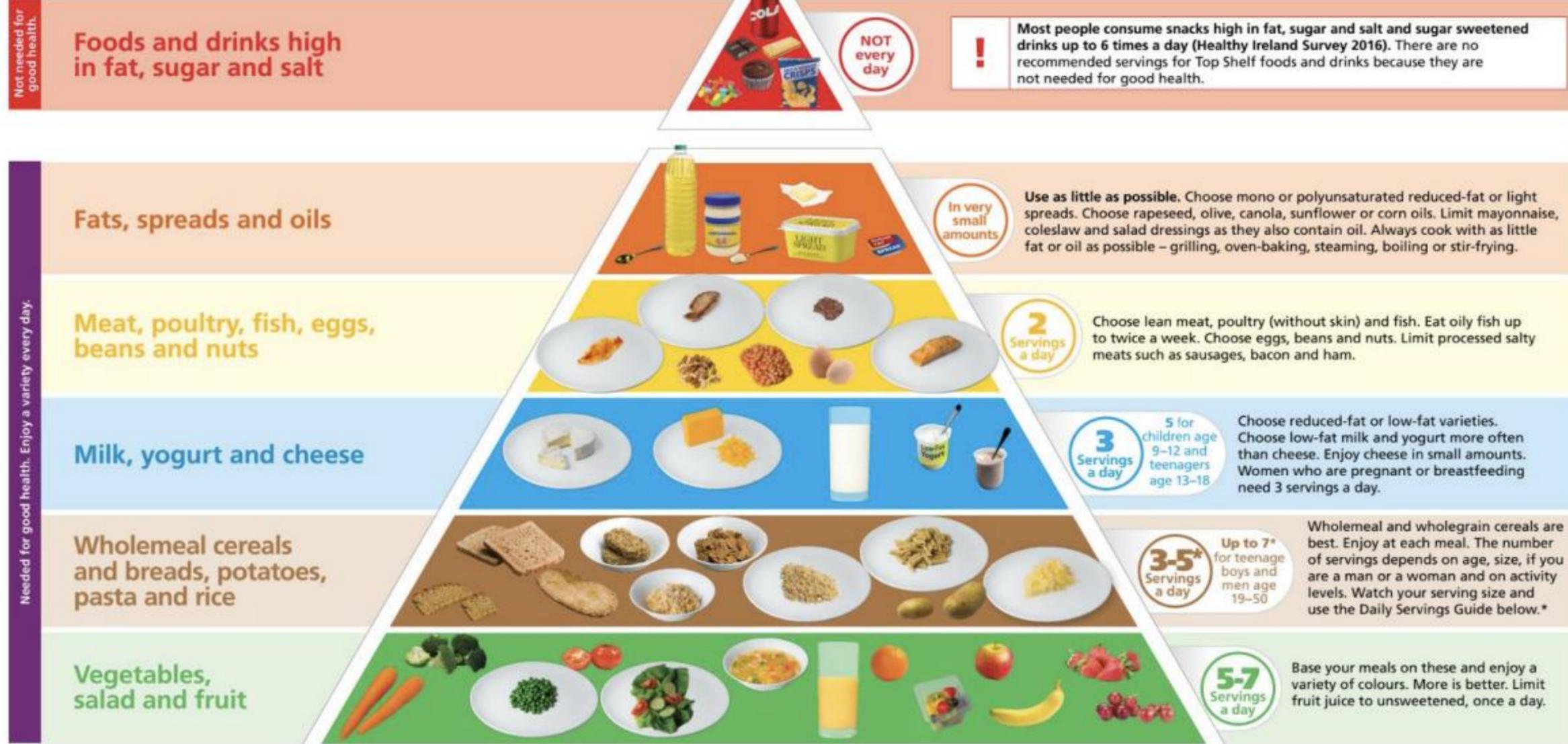
Needed for good health. Enjoy a variety every day.



8. The base of the pyramid is beans and nuts.

The Food Pyramid

For adults, teenagers and children aged five and over



Not needed for good health.

Foods and drinks high in fat, sugar and salt

NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Fats, spreads and oils

In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts

2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese

3 Servings a day

5 for children age 9-12 and teenagers age 13-18. Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice

3-5* Servings a day

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Vegetables, salad and fruit

5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

Necessary for good health. Enjoy a variety every day.

T

F

9. People should eat dairy products 1-3 times a day.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day



Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

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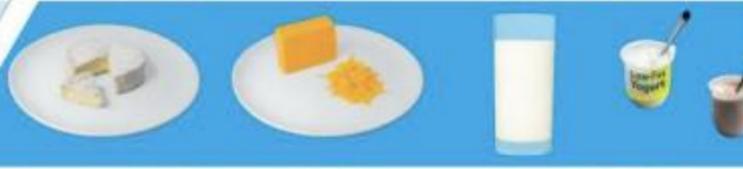
Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

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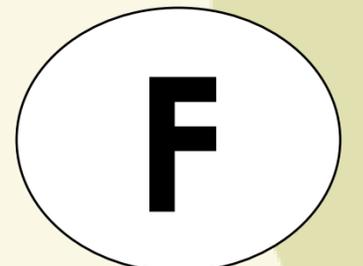
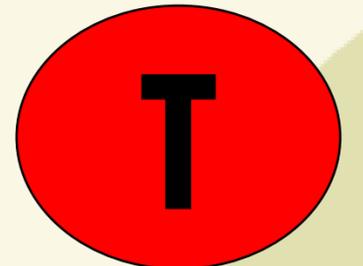
Vegetables, salad and fruit



5-7 Servings a day

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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18. Choose reduced-fat or low-fat varieties. Choose low-fat milk and yogurt more often than cheese. Enjoy cheese in small amounts. Women who are pregnant or breastfeeding need 3 servings a day.

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50. Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.

T

F

10. Fruit is the first step of the pyramid.

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils



In very small amounts

Use as little as possible. Choose mono or polyunsaturated reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils. Limit mayonnaise, coleslaw and salad dressings as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying.

Meat, poultry, fish, eggs, beans and nuts



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Milk, yogurt and cheese



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Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

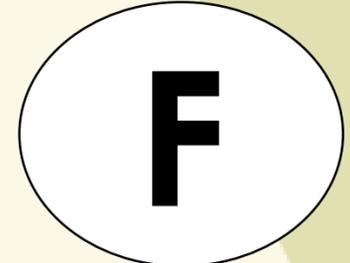
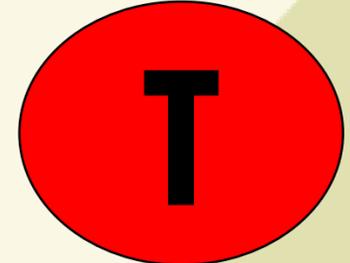
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Vegetables, salad and fruit



5-7 Servings a day

Base your meals on these and enjoy a variety of colours. More is better. Limit fruit juice to unsweetened, once a day.



10. Fruit is the first step of the pyramid.



ใบงานที่ 11

Food Pyramid



(สามารถดาวน์โหลดได้ที่ www.dltv.ac.th)

ใบงานที่ 11 เรื่อง Food Pyramid

หน่วยการเรียนรู้ที่ 2 เรื่อง Food

แผนการจัดการเรียนรู้ที่ 11 เรื่อง Eat health, stay healthy

รายวิชา ภาษาอังกฤษ รหัสวิชา อ22101 ภาคเรียนที่ 1 ชั้นมัธยมศึกษาปีที่ 2

ชื่อ - สกุล ชั้น..... เลขที่

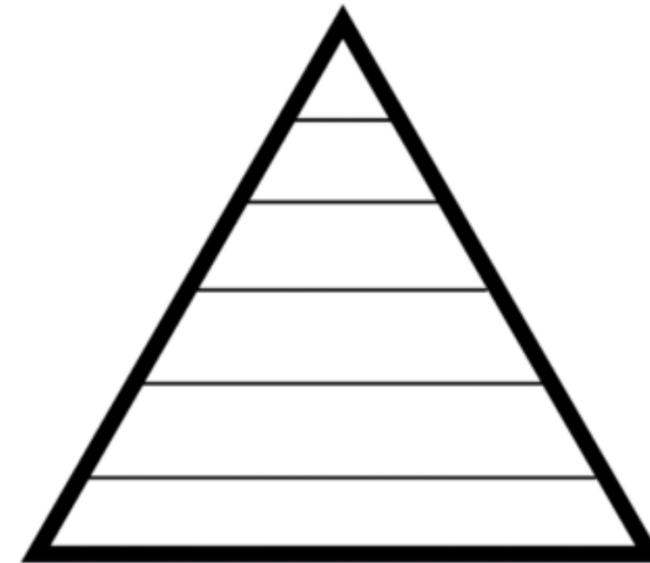
Instructions: Complete your food pyramid by filling in the food groups you eat every day.

(เติมข้อมูลอาหารที่นักเรียนรับประทานในแต่ละวันลงในแผนภาพพีระมิดอาหาร)

My FOOD PYRAMID

We cannot live without food because food contains all the things we need:

- to give us energy
- to grow
- to keep us healthy

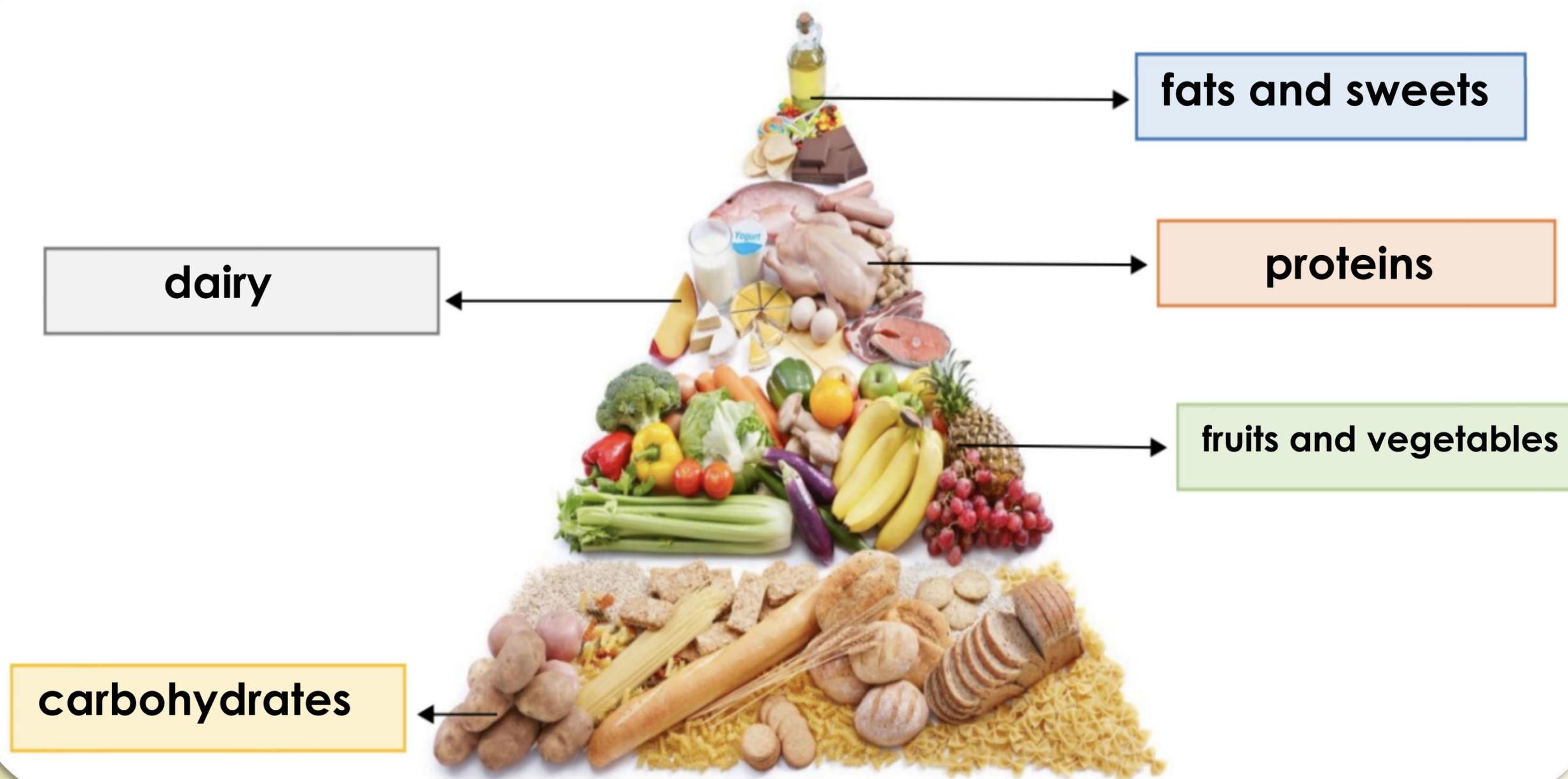


My healthy foods are:

My unhealthy foods are:

I am going to try and eat more of:

5 Groups of Food



The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

Most people consume snacks high in fat, sugar and salt and sugar sweetened drinks up to 6 times a day (Healthy Ireland Survey 2016). There are no recommended servings for Top Shelf foods and drinks because they are not needed for good health.

Fats, spreads and oils



In very small amounts

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Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Choose lean meat, poultry (without skin) and fish. Eat oily fish up to twice a week. Choose eggs, beans and nuts. Limit processed salty meats such as sausages, bacon and ham.

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

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Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50

Wholemeal and wholegrain cereals are best. Enjoy at each meal. The number of servings depends on age, size, if you are a man or a woman and on activity levels. Watch your serving size and use the Daily Servings Guide below.*

Vegetables, salad and fruit



5-7 Servings a day

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Needed for good health. Enjoy a variety every day.



บทเรียนครั้งต่อไป

Food Labels





สิ่งที่ต้องเตรียม

1. ใบงานที่ 12 เรื่อง Compare the Snack (A)
2. ใบงานที่ 13 เรื่อง Compare the Snack (B)



(สามารถดาวน์โหลดได้ที่

www.dltv.ac.th)