# THE FOOD PYRAMID | Educational Video for Kids.

eslvideo.com Quiz by: Refdi

**1. What is the topic of the video?**

- ○ a.) Healthy eating
- ○ b.) Sports
- ○ c.) Animals

**2. What is the first step on the food pyramid?**

- ○ a.) Fruits and vegetables
- ○ b.) Fats and sweets
- ○ c.) Dairy

**3. How should we eat fats and sweets?**

- ○ a.) A lot
- ○ b.) Very little or nothing
- ○ c.) Every day

**4. What is the second step of the pyramid?**

- ○ a.) Dairy
- ○ b.) Meat, fish, and eggs
- ○ c.) Carbohydrates

**5. How often should we eat dairy?**

- ○ a.) Once a week
- ○ b.) One to three times a day
- ○ c.) Every meal

**6. What is the fourth step about?**

- ○ a.) Fats
- ○ b.) Fruits and vegetables
- ○ c.) Sweets

**7. How many times a day should we eat fruits and vegetables?**

- ○ a.) Three times
- ○ b.) Five times
- ○ c.) Seven times

**8. What is the base of the pyramid?**

- ○ a.) Fats and sweets
- ○ b.) Carbohydrates
- ○ c.) Meat

**9. What should we drink plenty of?**

- ○ a.) Milk
- ○ b.) Water
- ○ c.) Juice

**10. What is important to do every day?**

- ○ a.) Watch TV
- ○ b.) Do physical exercise
- ○ c.) Sleep

## Transcript

Hello friends, welcome to a new happy learning video.
Today we are going to learn a bit more about healthy eating, something very important to all of us.
We already know that healthy foods are fundamental for our existence.
They help us grow, be strong, and be healthy.
To eat healthily, one must learn about the variety and quantities of the food we eat.
We need to learn about the food pyramid and follow its steps.
Here it is.
The first step on the pyramid, the smallest one, is the one about fats and sweets.
It's the favored one by all children, but to be honest, it is the worst one.
One must eat very little or nothing from this step.
Pastries and sweeties are delicious, but they contain a high number of calories, which are very bad for our body.
They make us fatter and don't help with anything.
In fact, many doctors agree that this sector is very bad for our health.
The second step is formed by meat, fish, and eggs.
It is very important to vary these foods every single day.
You shouldn't just eat meat because you don't like fish.
In fact, we should eat more fish and eggs than meat.
The third step is all about dairy.
This group consists of milk, cheese, and butter.
I especially love yogurts.
We must eat these foods from one to three times a day.
The fourth step is extremely important because it evolves around fruits and vegetables.
These foods fill our bodies with vitamins and minerals and allow us to stay in shape and be strong.
Doctors recommend to eat these five times a day.
If you do, your body will thank you.
The base of the pyramid, the fifth step, is the group of carbohydrates.
Here you can find cereals, bread, pasta, rice, and potatoes.
They are also very important, so we must eat them daily.
As well as following the different steps in the pyramid, we need to take into account the advice of doctors and nutrition experts.
One must try to eat at the same time every day.

Eating with family will always be beneficial and also drink plenty of water.
But most importantly, every day we must do some kind of physical exercise.
If we eat healthy and do exercise, we will grow strong both mentally and physically.
So now you know. Bye friends!
Ah, and don't forget to subscribe to Happy Learning TV.