

## Food pyramid

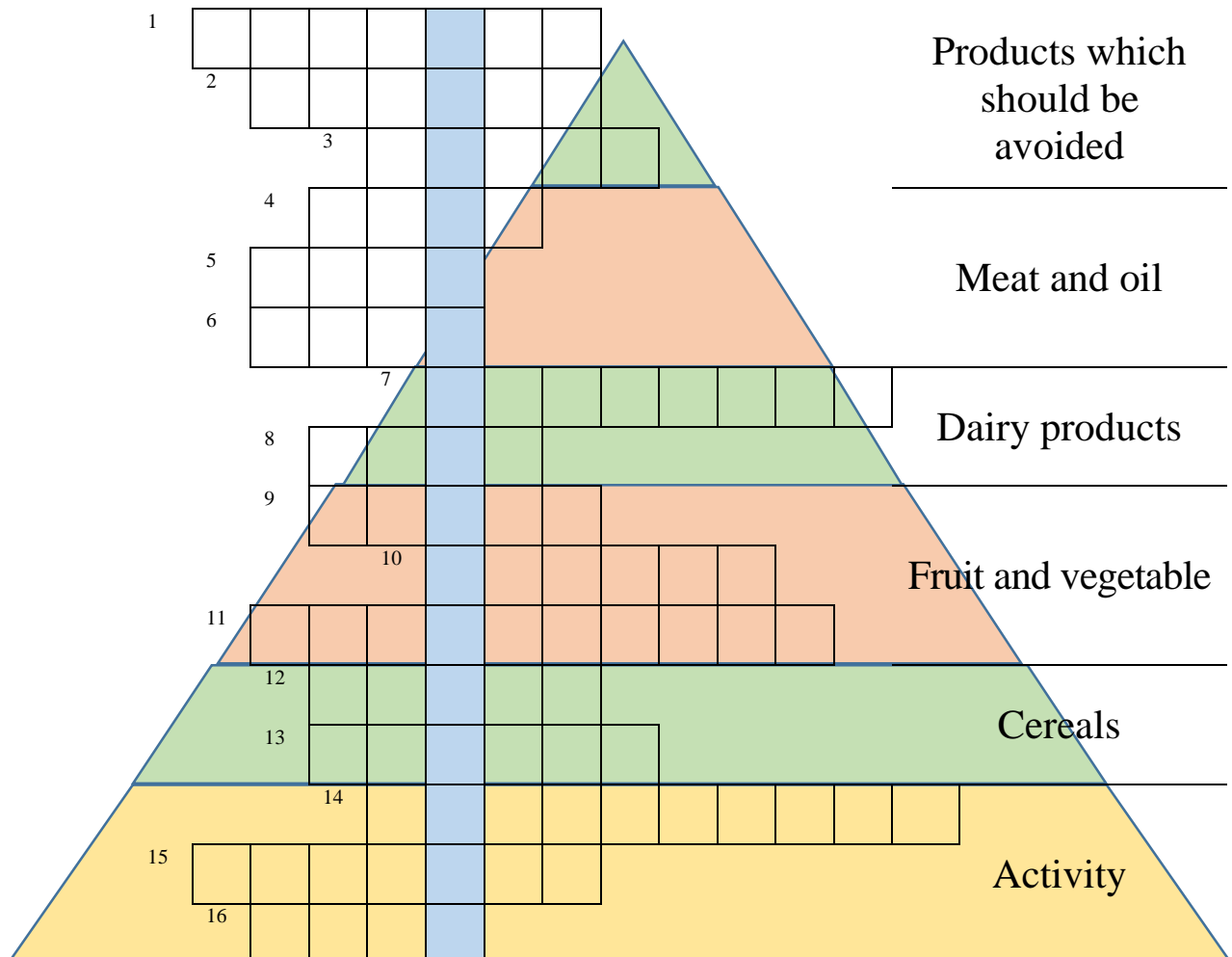
**Subject:** Guidance

OTHER\_PL\_1\_EN

Age: secondary school students

Time: 30 minutes

**Complete the crossword. The password is in the blue column**



1. A forbidden drink for children
2. Eaten by children mainly between the meals
3. Meat which contains a lot of fat. Often used in scrambled eggs
4. Mainly produced from an oilseed rape. Can be vegetable or animalistic
5. One of the main course's ingredient, for example: pork, poultry
6. Apart from poultry it is also the healthiest source of protein
7. It is a dairy product which contains live bacteria culture
8. It has got a high nutritional value caused through the calcium content
9. It can cause some tears during the chopping
10. It is a main ingredient of salads; instead of vegetables, e.g.: a kiwi, a pear
11. They are feed for people and animals, for example: a tomato, a cucumber, lettuce
12. A product which has got a high content of starch. It is a main source of carbohydrates.
13. A plant; a bulb is its edible part
14. We do it in order to gain a slim body
15. We shape them while doing sports; they generate warm in our body and they are responsible for a proper posture of our body
16. We ride on it for relax

Solution:

|    |         |    |            |    |            |    |       |
|----|---------|----|------------|----|------------|----|-------|
| 1  | Alcohol | 2  | Sweets     | 3  | Bacon      | 4  | Oils  |
| 5  | Meat    | 6  | Fish       | 7  | Yoghurts   | 8  | Milk  |
| 9  | Onion   | 10 | Fruits     | 11 | Vegetables | 12 | Pasta |
| 13 | Potato  | 14 | Gymnastics | 15 | Muscles    | 16 | Bike  |

Password: HEALTHY LIFESTYLE