



Infografía:

The food pyramid.

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THE FOOD PYRAMID



Is a graphic reference of the amount of the different food groups recommended to consume daily.

Level 4 FATS:

They give the body the energy it needs to work properly.



- ✓ Dairy products
- ✓ Meat
- ✓ Oils
- ✓ Sweets.

Level 3 Proteins:

It is necessary to consume protein in the diet to help the body repair cells and produce new cells.



- ✓ Meat
- ✓ Fish
- ✓ Dairy products
- ✓ Beans
- ✓ Eggs

Level 2 Minerals:

The body uses minerals for many different functions including keeping bones, the heart, and the brain functioning well.



- ✓ Fresh fruit
- ✓ vegetables (zinc in seafood)

Level 1 Carbohydrates

They provide energy to all organs in the body, from the brain to the muscles.



- ✓ Potatoes
- ✓ Rice
- ✓ Cereal
- ✓ Pasta
- ✓ Bread

A healthy diet is important to maintain good health.

Bibliografía:

✓ Spanish English Translator:
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✓ What is a diet?
<https://www.gob.mx>.

✓ Why do fats help us?
<https://medlineplus.gov>.

✓ Why do proteins help us?
<https://medlineplus.gov>.