



Super nota

Unit IV

"THE FOOD PYRAMID"

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English IV

Degree in nursing

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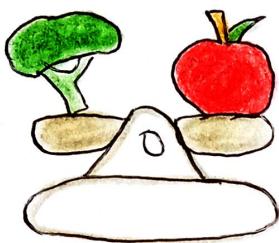
"THE FOOD PYRAMID"

It is a graphic model of what food we should consume daily and in what proportions to stay healthy.



CHARACTERISTICS

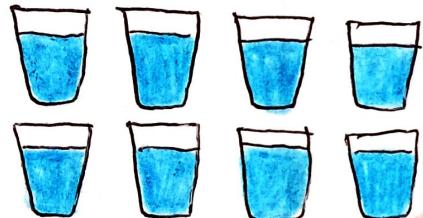
Triangle Segmented into hierarchical links, in which a certain type of food substance is represented.



- Each step has a different size, to indicate the proportions in which the food should be consumed to maintain a satisfactory diet.



DAILY CONSUMPTION



OCCASIONAL
Fast, margarine, butter
Sweets, pastries.



Fatty meats,
Sausages.

2-4 Servings
Milk, Yogurt,
Cheese.



2 Servings
Lean meats, fish, eggs,
legumes and nuts.

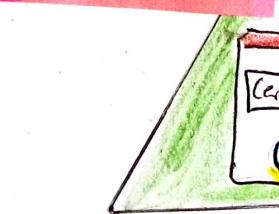
3-5 Small Servings
Olive oil.



2 Servings
Vegetables,



3 Servings
Fruit.



4-5 Servings
Bread, whole grains
rice, pasta, potato



OCCASIONAL

BIBLIOGRAPHY

- What is the food pyramid. <https://concepts.de/pyramide-alimenticia/>
- Food pyramid Structure. <https://i0.wp.com/www.programapipo.com/wp-content/uploads/2012/05/pyramide-SEN.jpg?ssl=1>
- Translator. https://www.google.com/search?q=traductor&rlz=1C1CHBF_esMX918MX919&oq=traductor&gs_lcxp=EgZjctHvbWuqDgg.