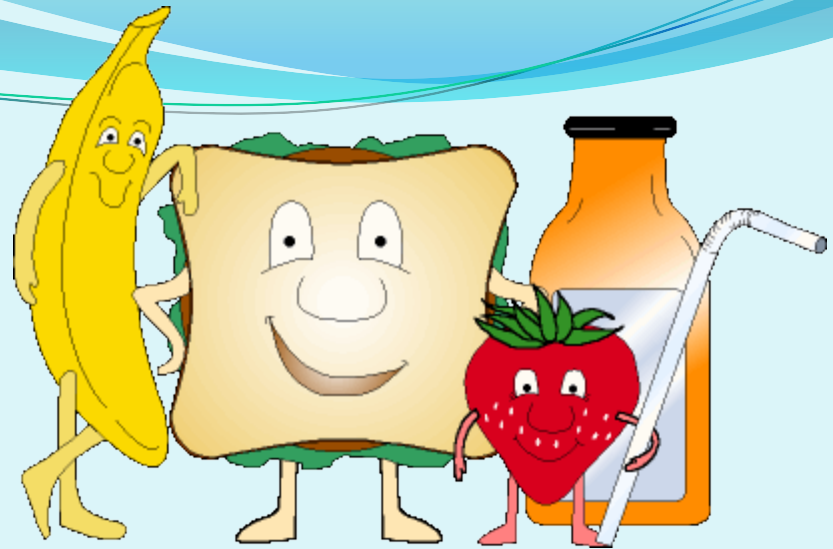



# HEALTHY FOOD PYRAMID





Project made by the pupils of  
the 6-th form Klevan  
secondary school № 1

There are some pupils in our school who are overweight. They feel bad because of this problem. In PT classes they cannot play many games, run and jump. They are very shy and unsure. Seeing all this, we decided to help them to lose weight and to teach them how to feed on correctly.



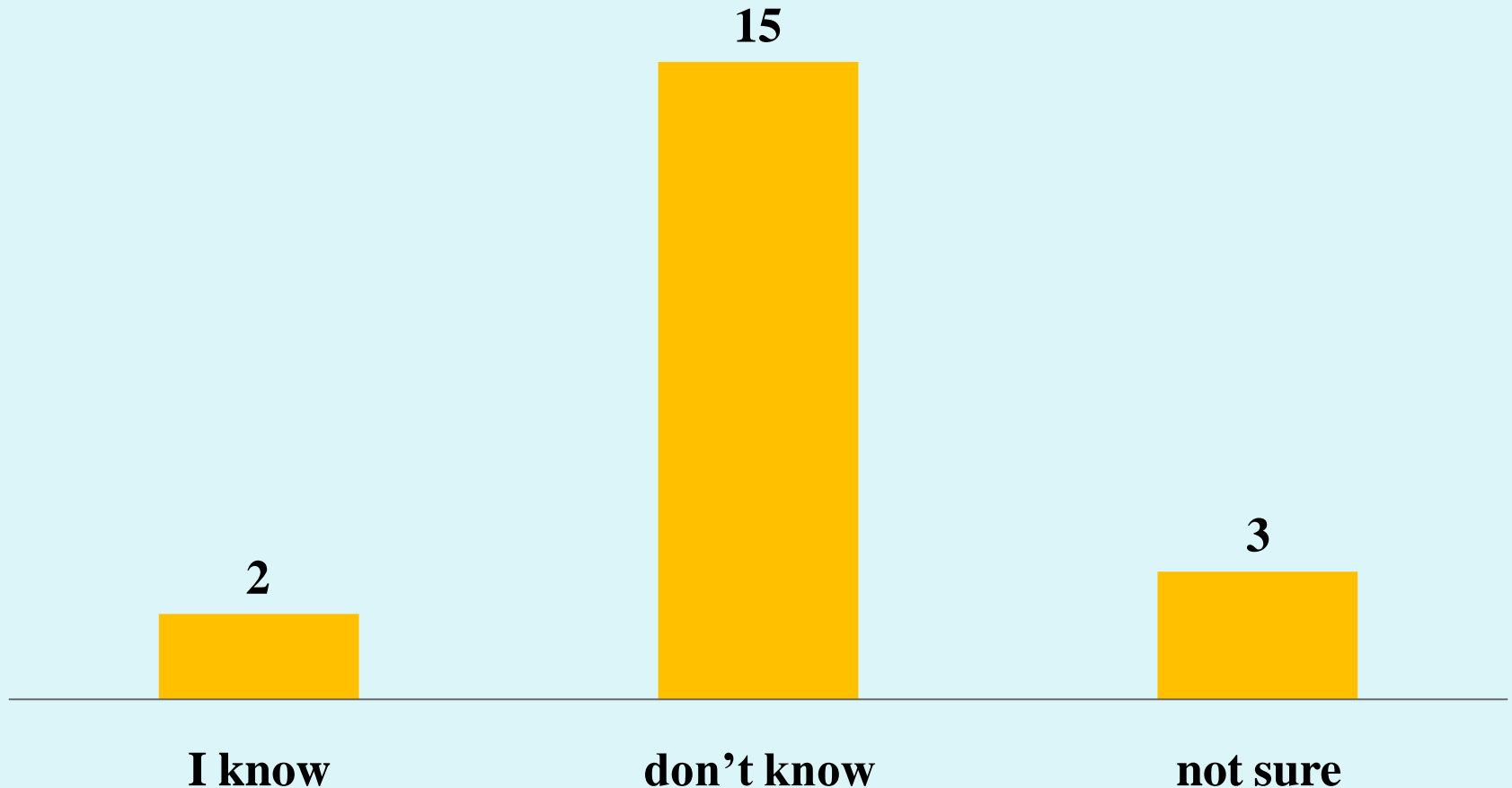
© picture alliance/dpa

We found the Food Pyramid on the Internet trying to understand “**what the Food Pyramid is**” . We were divided into 3 groups and addressed this question to the pupils, teachers and parents.

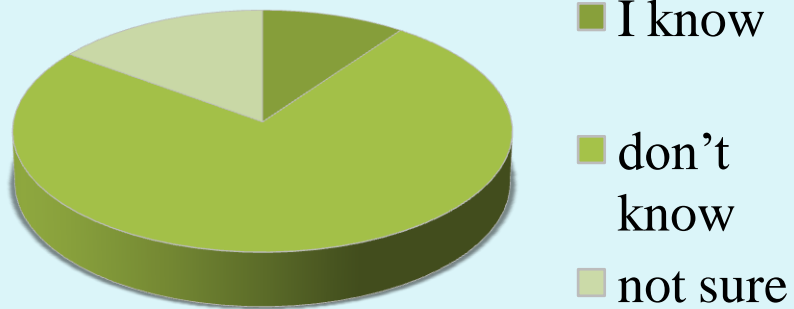


# Here we have survey results.

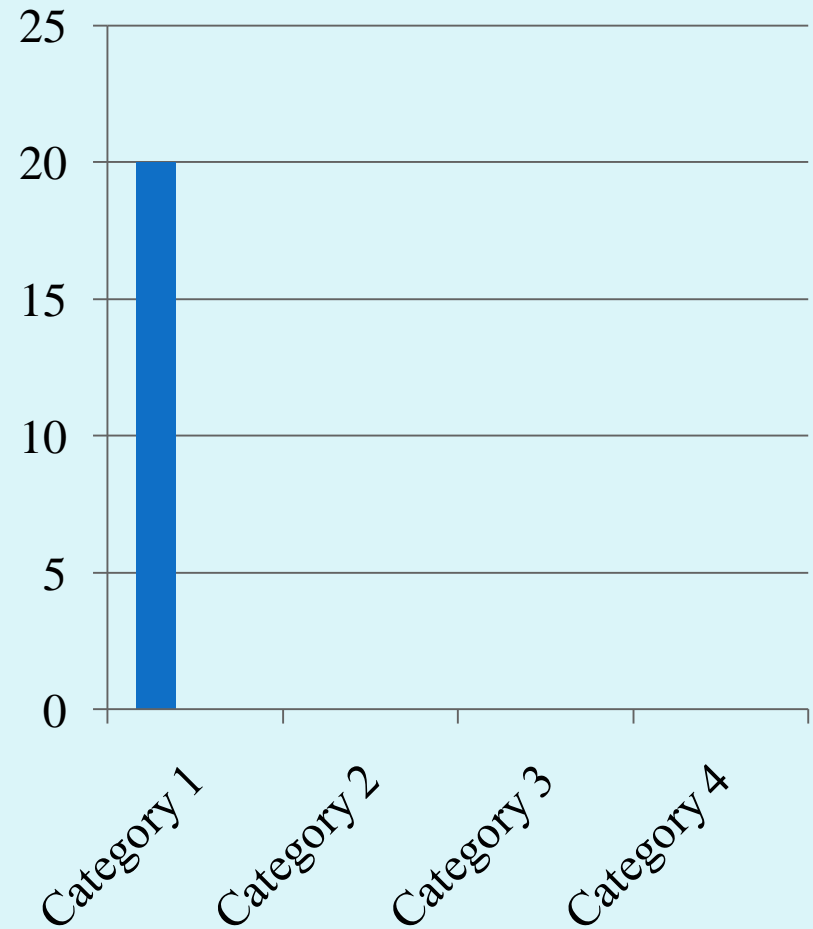
## Pupils



## Parents



## Teachers know everything





*As we see, results are  
pessimistic.*

*What can be offered?*

*Thus learn to teach others!*



**First we created a booklet that showed the aim of our project**

**Then we created a blog and started to share opinions on health eating**

**Finally we've made this project**





Does our health  
depend  
on food we eat?



**WELCOME**  
**to the Diet Club**



# All food is made of nutrients which our body uses

- There are different kinds of nutrients:



proteins



fats



carbohydrates

# Meat

have protein

and this helps us  
to grow.





**Bread and cereals  
give us energy.**



**Fruit and vegetables helps our  
digestion and  
has lots of vitamins and minerals.**





**Fat and sugar is not very good for us.  
So it is important not to eat it very often.**



*Dairy products provides  
calcium and are important for  
our teeth and bones*



Our next step was to research meal habits of students of our school. The question was:  
What do you usually have for ...?

breakfast

dinner

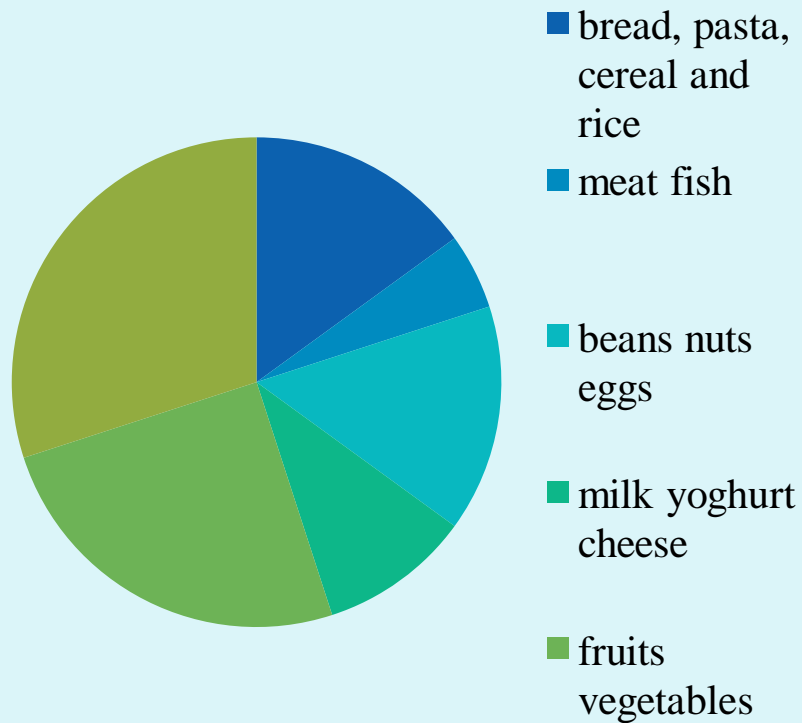
snack

supper

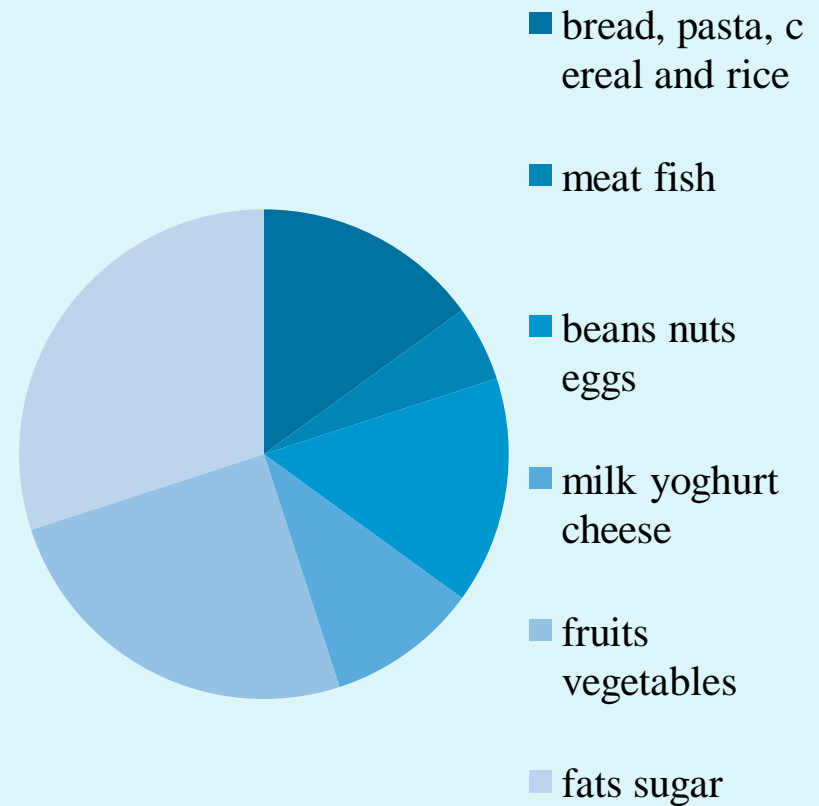


# now we see the results

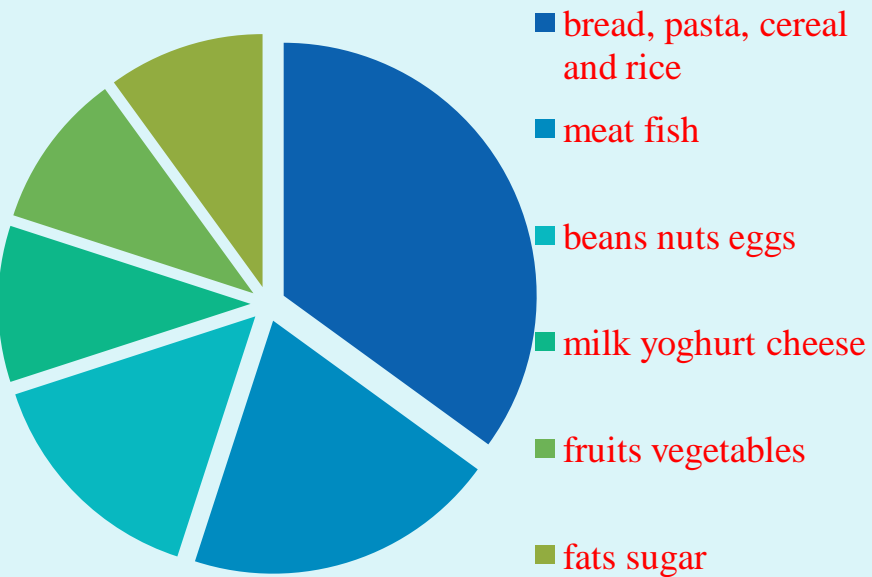
## Breakfast



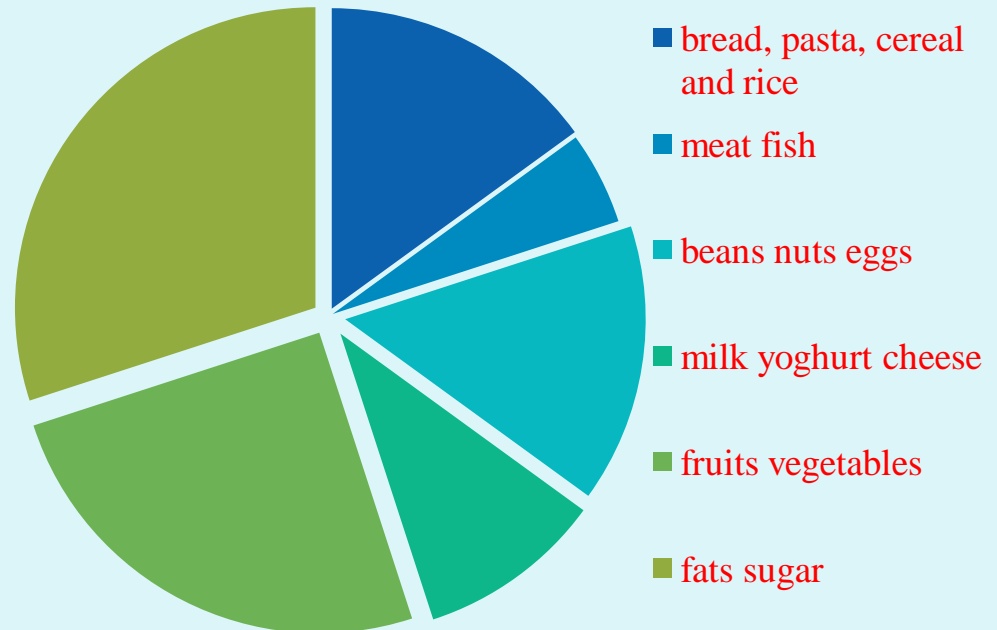
## DINNER



# supper



# SNACK





**What results do you have?**

**We have interviewed 20 students. Most students at our school eat lots of sweets and not much vegetables and fruits. Almost everyone have three meals a day. Some pupils eat junk food but not often.**

**We can make a conclusion that our students need some recommendation.**



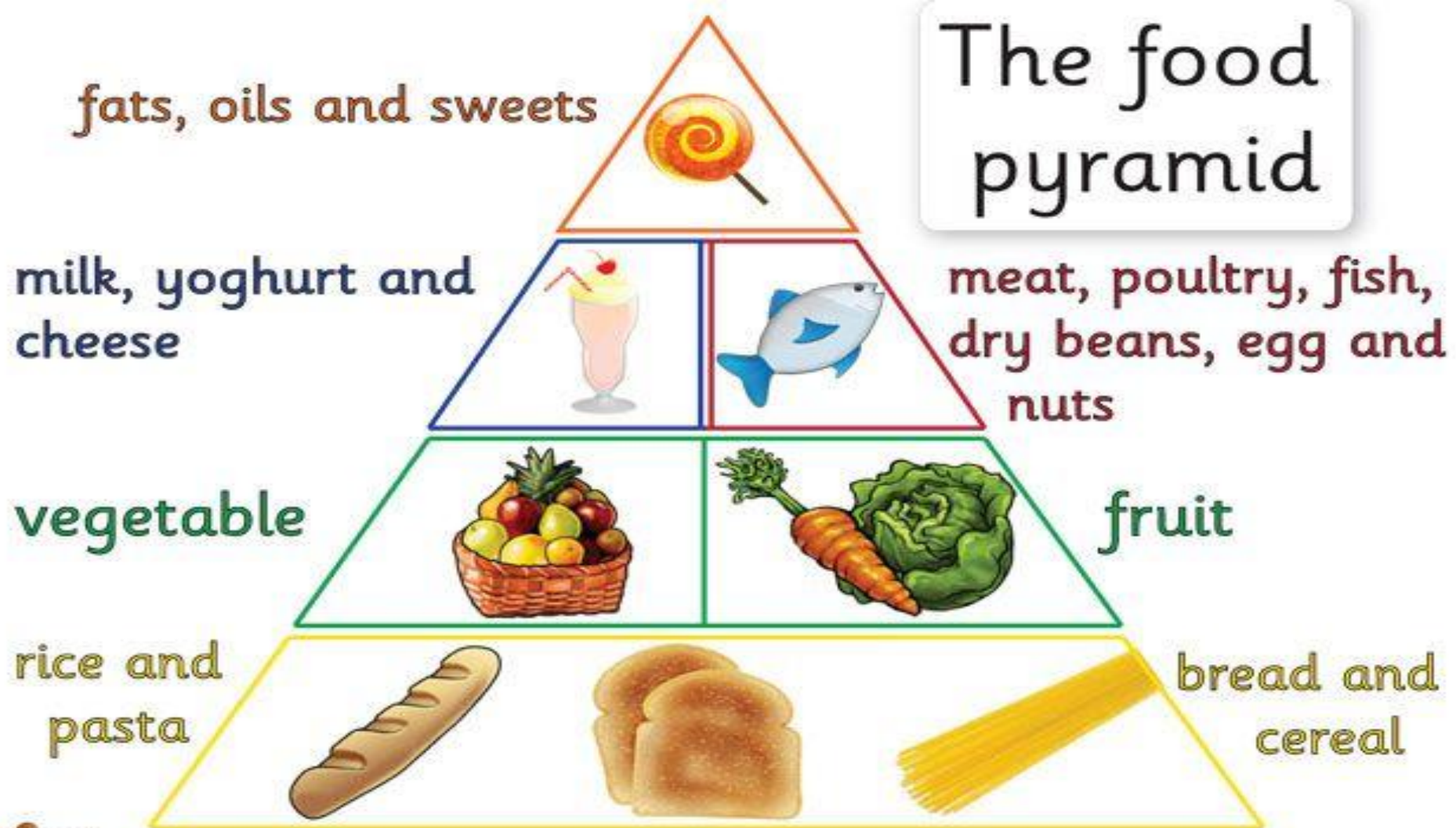
**First of all:** Eating more fruits and vegetables is healthier because they are rich in nutrients that help children grow and stay healthy. They are also a good option to eat when you want a snack, instead of eating an unhealthy food like chips or sweets




**We should cut down on fat, sugar and salt. We have to know a bit more about the kind of food these things might be in**



Do you remember what the food pyramid is for? Try to remember the different sections of the pyramid.

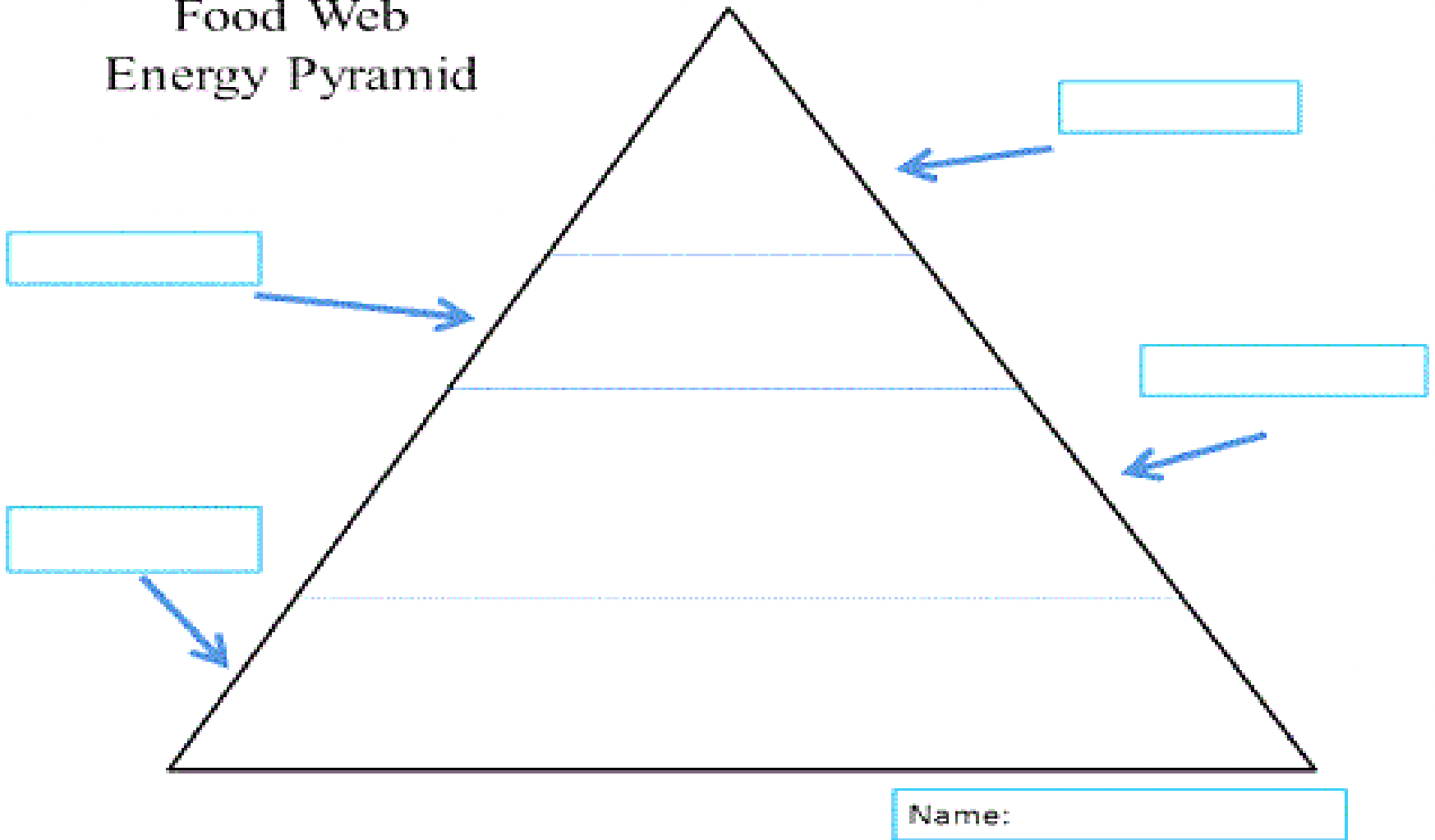




**Now you know that the food pyramid is a diagram that represents a healthy diet by placing food groups in a pyramid according to the number of servings from each group to be eaten every day.**

# Knowing all these facts try to build your own Pyramid

Food Web  
Energy Pyramid





***The wise man should consider that  
health is the greatest of human  
blessings.  
Let food be your medicine.***

