

**Worksheet 5. Reading: The Food Pyramid**

Read the passage. In the sentences at the bottom of the page, circle the correct word.

**The Food Pyramid**

This is "My **Pyramid**," a **guide** from the U.S. Department of Agriculture to help people eat in a healthy way. You can find it on the Internet at <http://mypyramid.gov/index.html>. On the site, the stripes are in color. When you click on a stripe, you will find **information** about a kind of food. It describes the healthy food and

the unhealthy food in a food group. It gives a lot of facts about different kinds of food.

The first stripe on the left—orange on the site—describes **grains**. Grains are foods like bread, rice, cereal, and pasta.

The second stripe, the green stripe, describes **vegetables**: dark green vegetables like broccoli and spinach, and orange vegetables like carrots and **sweet potatoes**.

The stripe in the middle, the red stripe, describes **fruit**. It tells about many different kinds of fruit, such as apples, bananas, strawberries, **grapes**, oranges, mangoes, and melons.

The fourth stripe, the blue stripe, describes milk and **milk products** like cheese and yogurt. These contain a lot of calcium.

The last stripe, the purple one on the right side, describes meat, fish, beans and other foods that are high in **protein**.

Circle the correct word according to the information in the passage about the food pyramid on the previous page.

1. A guide contains (a story / information).
2. This food guide is in the shape of a (square / pyramid).
3. Bread, rice, cereal and pasta are examples of (fruit / grains).
4. Broccoli and spinach are dark green (fruit / vegetables).
5. Some fruits are apples, bananas, and (sweet potatoes / grapes).
6. Yogurt is a (vegetable product / milk product).
7. Milk products are high in (sugar / protein).
8. Meat, fish, and beans have a lot of (salt / protein).