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](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).