

Healthy Pyramid

Junk food is yummy
and tasty.

Eat healthy.
Be happy.

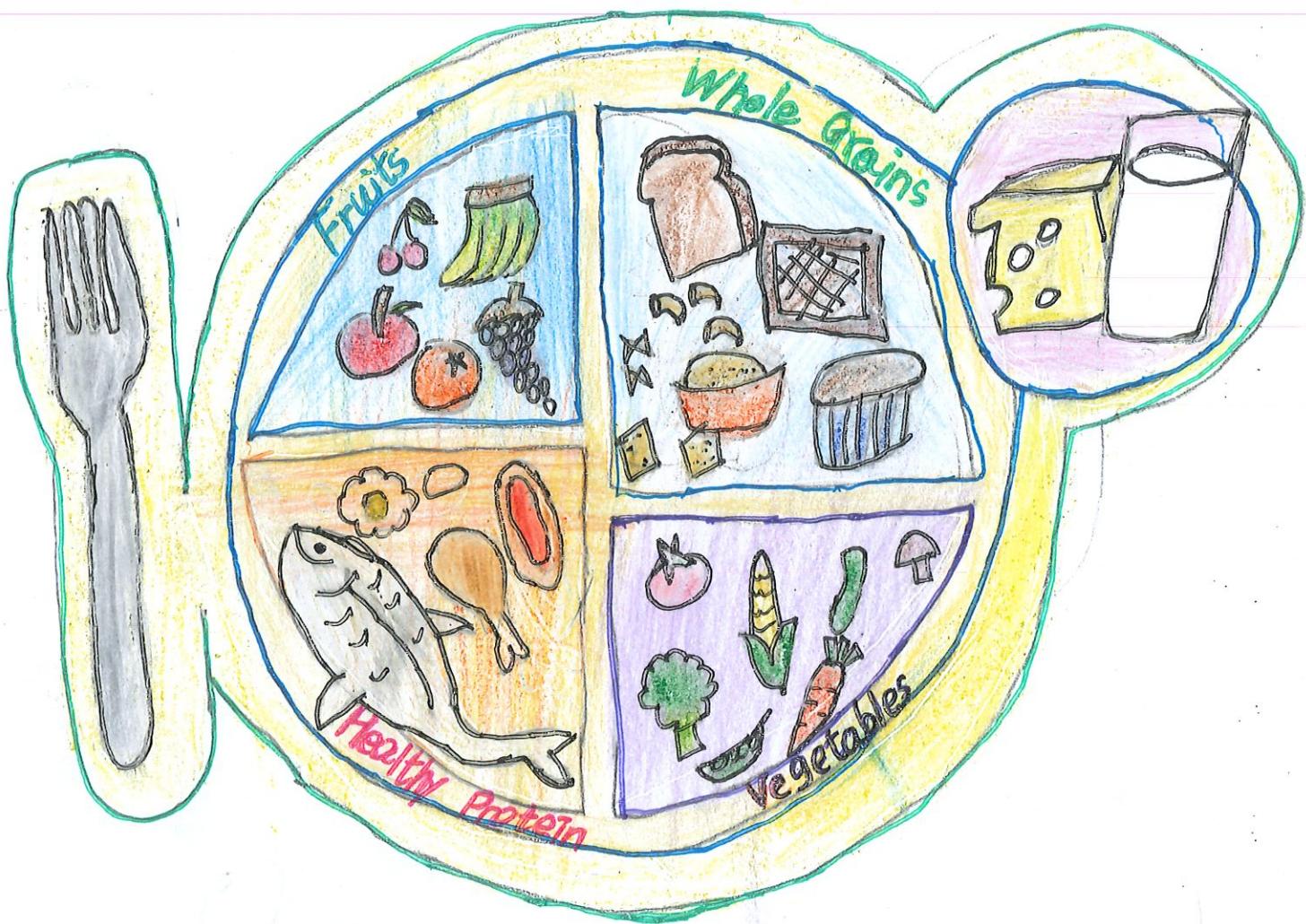


Name: Kwok Yui Pok Jacus (7)

Extra Writing 6 A Poster – Healthy Eating

Healthy Eating

Plate



Name: Ng Yat Jo Walter (20)
4E

Extra Writing 6 A Poster – Healthy Eating

Step1: No Junk Food

- French fries
- Hamburger
- Sausages

NO!!! X

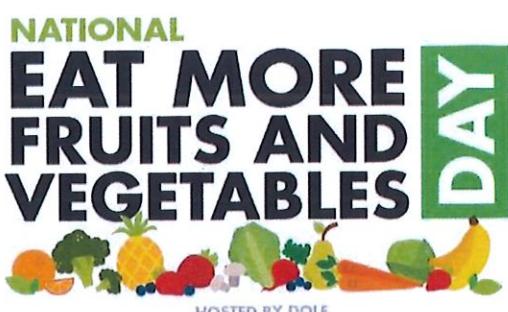


Step2: Drink more water ✓



Let's Have Healthy Eating !!!

Step3: Eat more fruits and vegetables ✓



Healthy eating

eat the least

fast food



candy

cupcakes



chocolate



eat less

egg



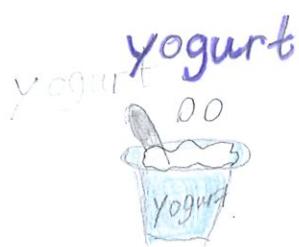
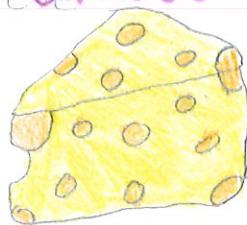
ice-cream



milk



cheese

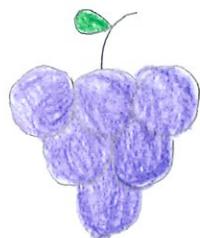


eat the most

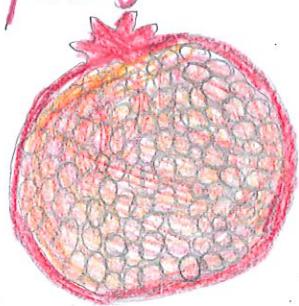
apples



grapes



pomegranate



lettuce



carrot

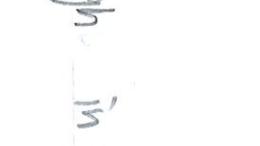
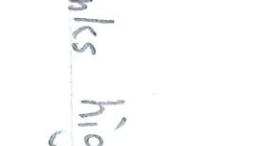
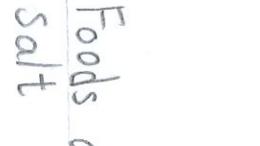
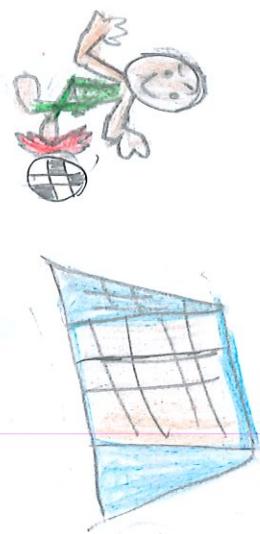


Name: Chui Chi ching Joan (4)

Maintain a
balanced
diet!

Extra Writing 6 A Poster – Healthy Eating

THE FOOD PYRAMID



Exercise - Every Day

Drink 5-8 glasses of Water Daily

Reduced-fat spreads and oils

2

Meat, poultry, fish
eggs beans and nuts

3-5

Milk, yogurt and cheese

4

Fruit and vegetables

5

Breads, cereals, rice,
pasta and potatoes

6+

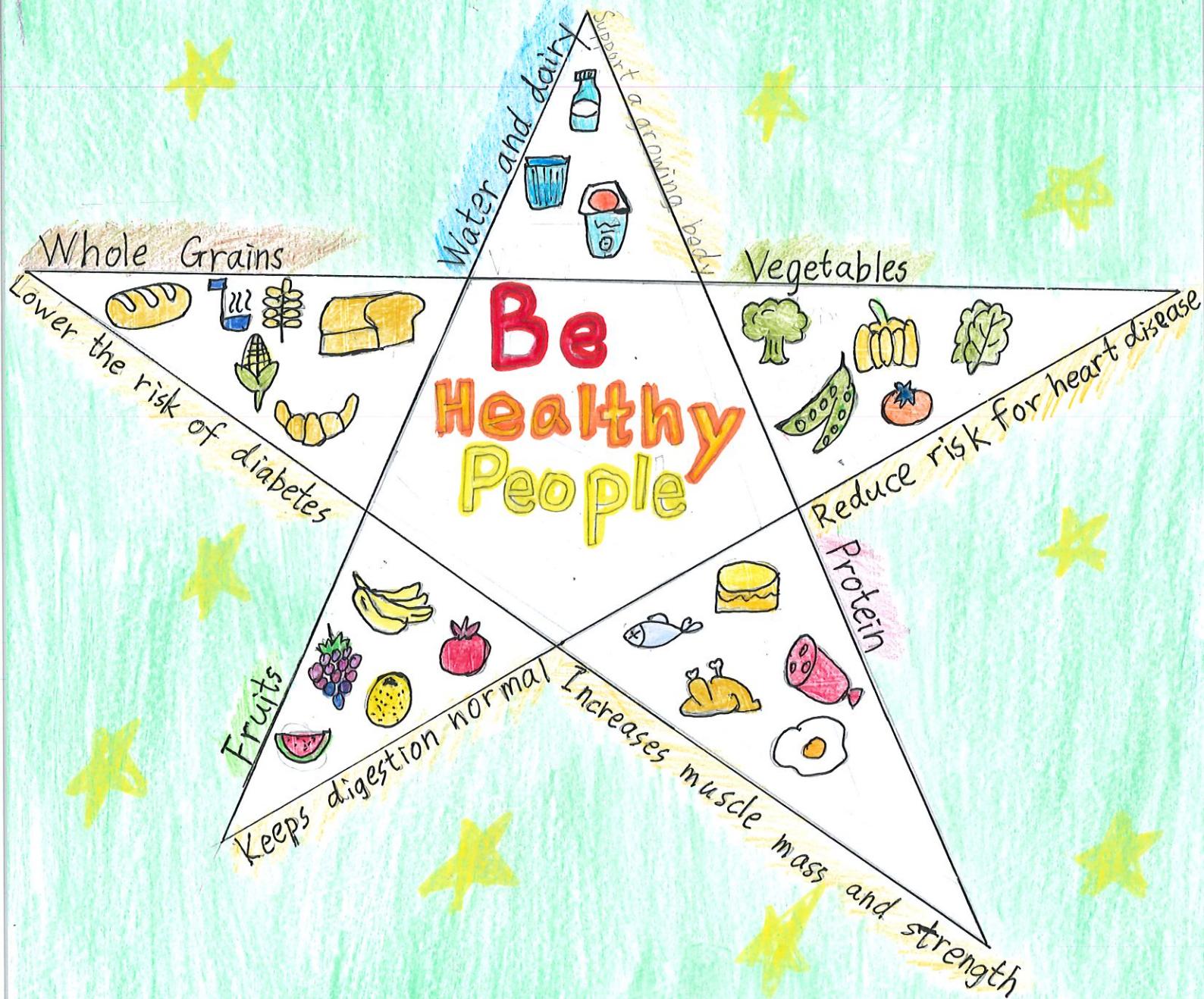
Breads, cereals, rice,
pasta and potatoes

Eating foods from the Food Guide Pyramid

and being physically active will help you grow healthy and strong.

Extra writing by
a poster - Healthy Eating
Alyden Lee (15)
4E

Healthy Food Star

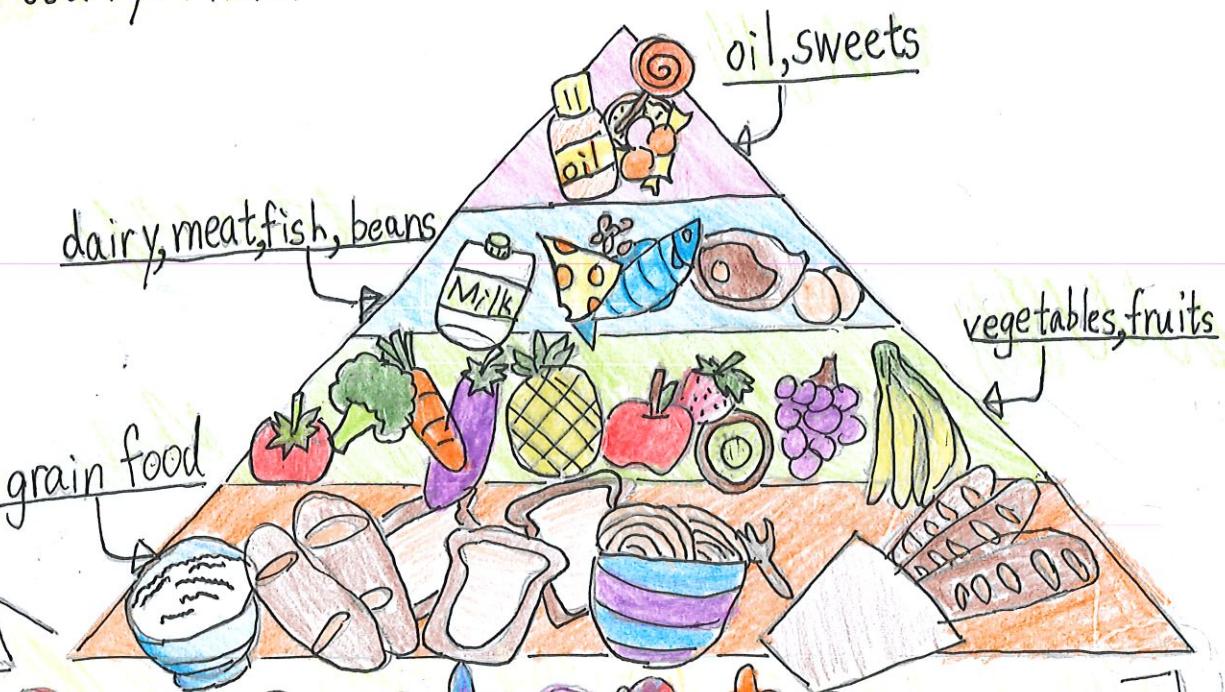


Name: Lam Sin Tung (Kristal) 10

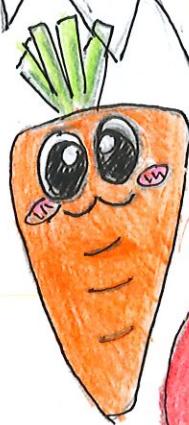
Extra Writing 6 A Poster – Healthy Eating

* Healthy Eating *

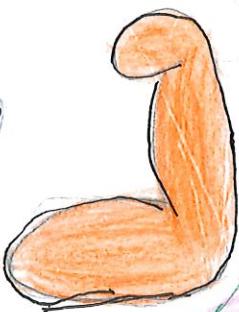
Food Pyramid



Remember to
drink 6 to 8 glasses of
water every
day



Be Healthy
Kids!!

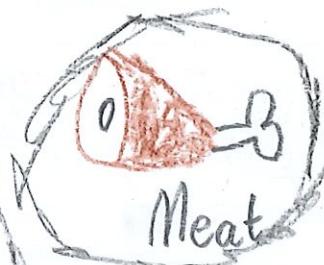


Healthy eating

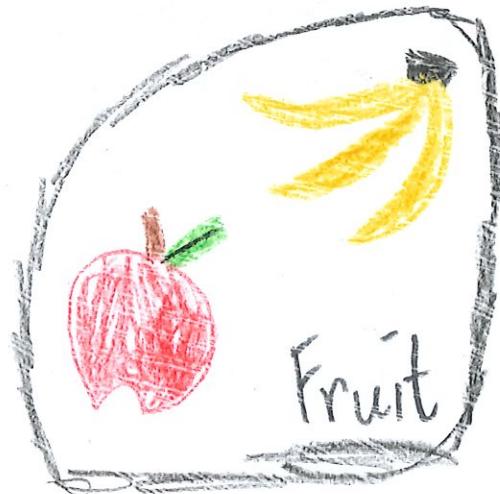
Eat a little



Eat a medium Amount



Eat a lot



HEALTHY EATING



- eat more fruit and vegetables



- do more exercise



- don't eat too much junk food



- eat more noodles, pasta and rice



- drink 8 glasses of water a day



The poster features a pyramid divided into sections: Grains (bottom), Fruit (second from bottom), Meat, Fish, Eggs and Beans (third from bottom), Vegetables (fourth from bottom), and Oil, Salt and Sugar (top). Various healthy items like bread, fruits, and vegetables are placed in their respective sections. Unhealthy items like candy, soda, and fast food are shown with a large red X. Three cartoon characters are cheering on the right side. A callout box contains contact information.

Oil, Salt and Sugar

Milk and Alternatives

Vegetables

Grains

Fruit

Meat, Fish, Eggs and Beans

Vegetables

Oil, Salt and Sugar

If you have any question, you can call us!

Phone number: 1133 4957

Website: www.Healthy eating.com.hk

email: 0347591@plkfcmps.edu.hk

Name: Lai Hei Yi Hebe (8)

Extra Writing 6 A Poster – Healthy Eating

HEALTHY

sometimes

seldom

often

Always

80%



Name: Li Hiu Fung (16) Kenneth

Extra Writing 6 A Poster – Healthy Eating

Healthy Eating!



- Drink 6-8 glasses of fluid every day
- Including water, milk, clear soup

- Eat a variety of food and avoid picky eating
- Eat most - grains
- Eat more - fruits and vegetables
- Eat moderately - milk, meat, fish, egg, dry beans
- Eat less - fat/oil, salt and sugar
- Drink 6-8 glasses of fluid every day
- Have regular meals

Healthy Eating



What Food colour mean

orange helps Vitamin C

Green helps muscle

red helps bloods

Purple helps memory

your lunch box

- ① mean the biggest
- ② the second
- ③ the smallest

