

FOOD GROUPS



Exercise 1: Study the words in the columns. Write the correct name of the food group for each column.

1.	2.	3.	4.	5.	6.
pasta, rice, noodles, cracker, cous cous breads, pit(t)a, cereals, wheat, corn, millets, oatmeal	cauliflower, onion, lettuce, potato, cucumber, tomato, pepper, beetroot, carrot, garlic, cabbage	plum, pear, pineapple, cherries, currants, apricot, peach, raspberries, strawberries, apple, watermelon	cheese, yog(h)urt, cottage cheese, milkshake, ice cream, soft cheese, sliced cheese, pudding, cream, whipped cream, kephir	eggs, lentils, pulses/legumes, nuts, beans, pork, bacon, beef, ham, veal, mutton, lamb, duck, goose, salmon, mackerel	butter, lard, margarine, cooking oil, cream, chocolate, biscuits, cakes, sweets, crisps, chips, squash, fizzy drinks

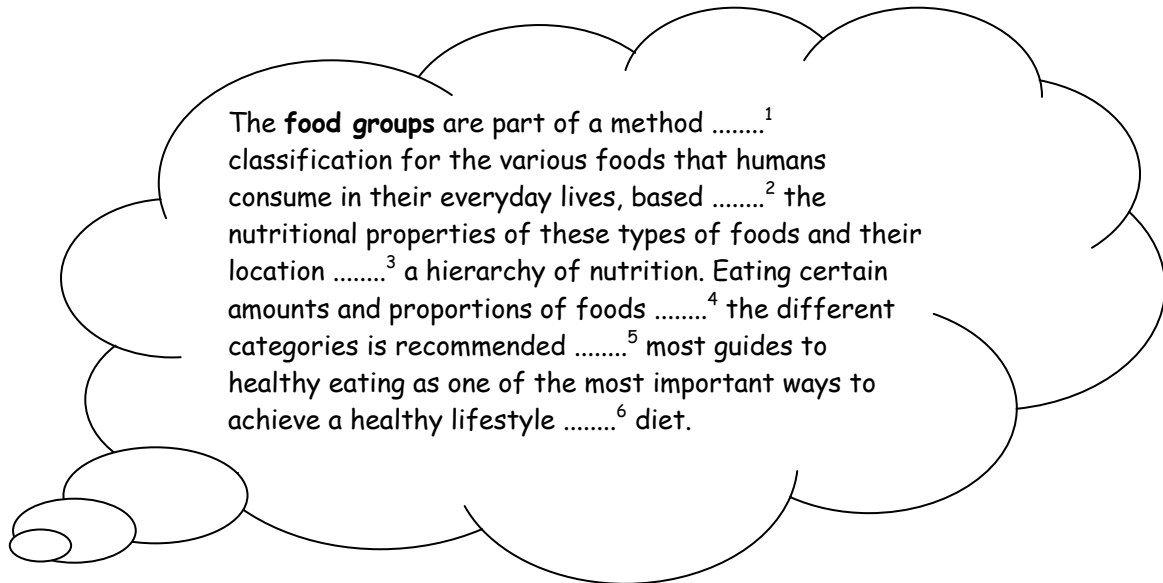
Exercise 2: Read the definitions. Choose a word from the box below to complete each definition.

Lard	Pi(t)ta	Millets	Cous cous	Beetroot
Veal	Pulses/legumes	Squash	Currants	Yog(h)urt

1. _____ is a plant with a round dark red root that is cooked and eaten as a vegetable.
2. _____ is a species of pasta originating in North Africa. Rather than being in the form of noodles or extruded shapes, this pasta is granular. The raw pieces are roughly the size of coarse sugar grains.
3. _____ are small, black, red or white berries that grow in bunches on bushes.
4. _____ is a firm white substance made from the melted fat of pigs that is used in cooking.
5. _____ (sometimes called cordial) is a highly-sweetened (and often fruit-based) concentrate, which is mixed with a liquid, most commonly water, before drinking. It is also the name of the resulting drink.
6. _____ is meat from a calf (= young cow).
7. _____ is a round, wheat flatbread made with yeast. The name of the bread is of a Greek origin and it means flat.
8. _____ is a thick white liquid food, made by adding bacteria to milk, served cold and often flavored with fruit.
9. _____ are defined by as annual leguminous crops yielding from one to twelve grains or seeds of variable size, shape and color within a pod. They are used for food and animal feed.
10. _____ are a group of small-seeded species of cereal crops, widely grown around the world for food and fodder (= animal feed).

Speaking: Work in pairs. Describe at least two words from each food group. The other will try to guess which words you meant. Then switch roles.

Reading: Read the introductory paragraph about food groups. Complete the correct prepositions.



Reading: Divide into two groups. Group A will read the first 3 paragraphs (grain groups; vegetables; fruits). Group B will read the rest (dairy products; meat; fats, oils and sugars).

Comprehension questions:

1. How can each food group be defined?
2. What substances (eg. vitamins, minerals, etc.) does each food group contain?
3. What quantity of each food group should be consumed every day?

Grain products include foods derived from cereal crops. Grains supply food energy in the form of starch, and are also a source of protein. Whole grains contain dietary fiber, essential fatty acids, and other important nutrients. Milled grains, though more palatable, have many nutrients removed in the milling process and thus are not as highly recommended as whole grains. Whole grains can be found especially in oatmeal, brown rice, grits, corn tortillas and whole wheat bread. 5-12 servings of grain products are recommended per day.

A **vegetable** is a part of a plant consumed by humans that is not considered grain, fruit, nut, spice, or herb, i.e. the stem, root, flower, etc. Vegetables contain many vitamins and minerals; however, different vegetables contain different spreads, so it is important to eat a wide variety of types. For example, green vegetables typically contain vitamin C, dark orange and dark green vegetables contain vitamin A, and vegetables like broccoli and related plants contain iron and calcium. Vegetables are very low in fats and salt, but cooking can often add these sometimes unwanted nutrients. The vegetable food group is sometimes combined with the fruit food group. It is optimal to consume 3-5 servings of vegetables in a day.

Fruits are the seed-bearing parts of plants. Fruits are low in fats, and a source of natural sugars, fibre and vitamins. Processing fruits when canning or making into juices unfortunately often adds sugars and removes nutrients; therefore fresh fruit or canned fruit packed in juice rather than syrup is recommended. The fruit food group is sometimes combined with the vegetable food group. It is best to consume 2-4 servings of fruit in a day.

Dairy products are produced from the milk of mammals, most usually but not exclusively cattle. They are the best source for the mineral calcium, but also provide protein, phosphorus, vitamin A, and in fortified milk, vitamin D. However, many dairy products are high in fat, which is why skimmed products are available as an alternative. For adults, 2-4 servings of dairy products are recommended per day. In youths, pregnant women, or breastfeeding women, 3-4 servings are recommended, while in children under 9, 2-3 servings are recommended.

Meat is the tissue - usually muscle - of an animal consumed by humans. Since most parts of many types of animals are edible, there is a vast variety of meats. Meat is a major source of protein, as well as iron, zinc, and vitamin B. However, since many of these nutrients can also be found in foods like eggs, dry beans and nuts, such foods are typically placed in the same category as meats, as **meat alternatives**. Although meats and alternatives do provide energy and nutrients, they are often high in fat, and can be high in sodium. Simply trimming off fatty tissue can go a long way towards reducing this negative effect. 2-3 servings per day of meat or alternatives are recommended. For those who are ethically opposed to consuming meat or animal products, meat analogues such as tofu are available to fill this nutritional niche.

Fats, oils, and sugars is the designation given to those foods that do not fit into any of the previous nutritional categories. Salad dressings, butter, lard and mayonnaise all fall under the category of fats and oils, while candies and sweets fall under the sugars category. They provide calories, usually without any other vitamins or nutrients. However, they are not entirely bad, and must be consumed in moderation.



Translation: Read the same paragraphs again. Find the following expressions in the text.

Group A

obilí, obilniny _____
zdroj proteinu _____
vláknina _____
semleté zrna _____
chutnější _____
celé zrna _____
široká škála _____
nežádoucí živiny _____
zpracování ovoce _____
kompot, zavařenina _____

Group B

obohacený _____
odstředěné výrobky _____
kojící _____
poživatelný, jedlý _____
odřezávání _____
negativní účinek _____
obdoby masa _____
bonbóny, cukrovinky _____
sladkosti, cukroví _____
s mírou _____

Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

MyPyramid.gov
STEPS TO A HEALTHIER YOU



USDA is an equal opportunity provider and employer.

