

The Food Pyramid

Q: What do you usually eat for breakfast? Lunch? Dinner?

Q: Talk to your partner about the Food Pyramid. Is your diet similar or different?



How could you improve your diet to make it healthier?

Challenges

Doctor: Good afternoon, what can I do for you today?

Patient: Well, I want to **lose weight**. I think I'm **too heavy**.

Doctor: Oh. What kind of food do you usually eat for breakfast?

Patient: I usually have breakfast.

Doctor: What, oh, and when?

Patient: I usually have breakfast, but sometimes eat first food.

Doctor: I see. What you must change your diet.

Patient: What can you do?

Q: What advice could you give somebody who wants to lose weight?

Practice the conversation.