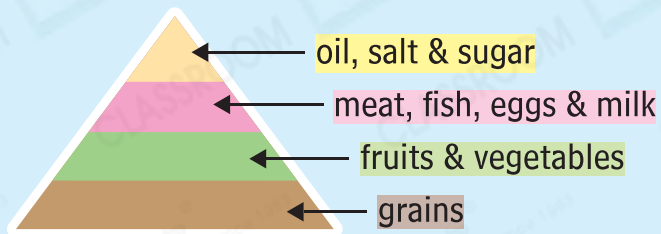




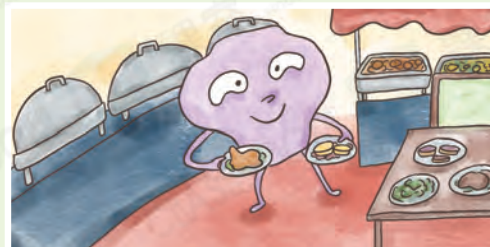
Tim is reading two posters.

### Eat Smart



To have a balanced diet, we should follow the 'Healthy Eating Food Pyramid'. We should not eat too much sweet, salty or oily food. We should eat enough meat, fish, eggs and dairy products. Eating more vegetables and fruits is good for our health because they provide us with dietary fibre. What we should eat most are grains because they give us energy. Remember to eat the right amount of food!

### Waste Less



At a buffet dinner, there is usually food waste on the tables. People throw heaps of leftovers into the rubbish bins. Then, the garbage trucks collect the rubbish from the bins before dumping everything in landfills.



To waste less, we should order just the **right** amount of food in restaurants. Reduce your food waste today!



Choose the best answers by blackening the circles.

- The Healthy Eating Food Pyramid tells us \_\_\_\_\_.
  - A. why eating too much sweet food is bad
  - B. the right amount of different kinds of foods we should eat
  - C. when to eat in a day
  - D. what food can give us the greatest amount of energy
- Tim can learn to \_\_\_\_\_ from both of the posters.
  - A. make the right decisions about eating
  - B. follow the food pyramid
  - C. eat healthily
  - D. waste less
- In the poster, the word '**right**' means '\_\_\_\_\_'.
  - A. wrong
  - B. important
  - C. quick
  - D. suitable

Where do the leftovers go? Put the photos in order. Write 1-4 in the boxes.

skill

4. (a)   (b) 

(c)   (d) 

What do the posters have in common?