**Exercise 1: My eating habits - mani ēšanas paradumi.**

Arrange given products in a food pyramid below. Those products that you eat the most, put in the largest pyramid’s box. Those products that you eat the least, put in the smallest box. Those products that you do not eat, do not write in the pyramid.

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VEGETABLES

BREAD

MILK

BUTTER

SOFT DRINKS

FRUIT

FISH

PASTA

SWEETS

NUTS

EGGS

CHEESE

CAKES

SALAD

CHICKEN

RICE

MEAT

**Exercise 2: The healthy food pyramid - veselīga uztura piramīda.**

Arrange given products in the correct boxes according to the healthy food pyramid.

VEGETABLES

BREAD

MILK

BUTTER

SOFT DRINKS

FRUIT

FISH

PASTA

SWEETS

NUTS

EGGS

CHEESE

CAKES

SALAD

CHICKEN

RICE

MEAT

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