

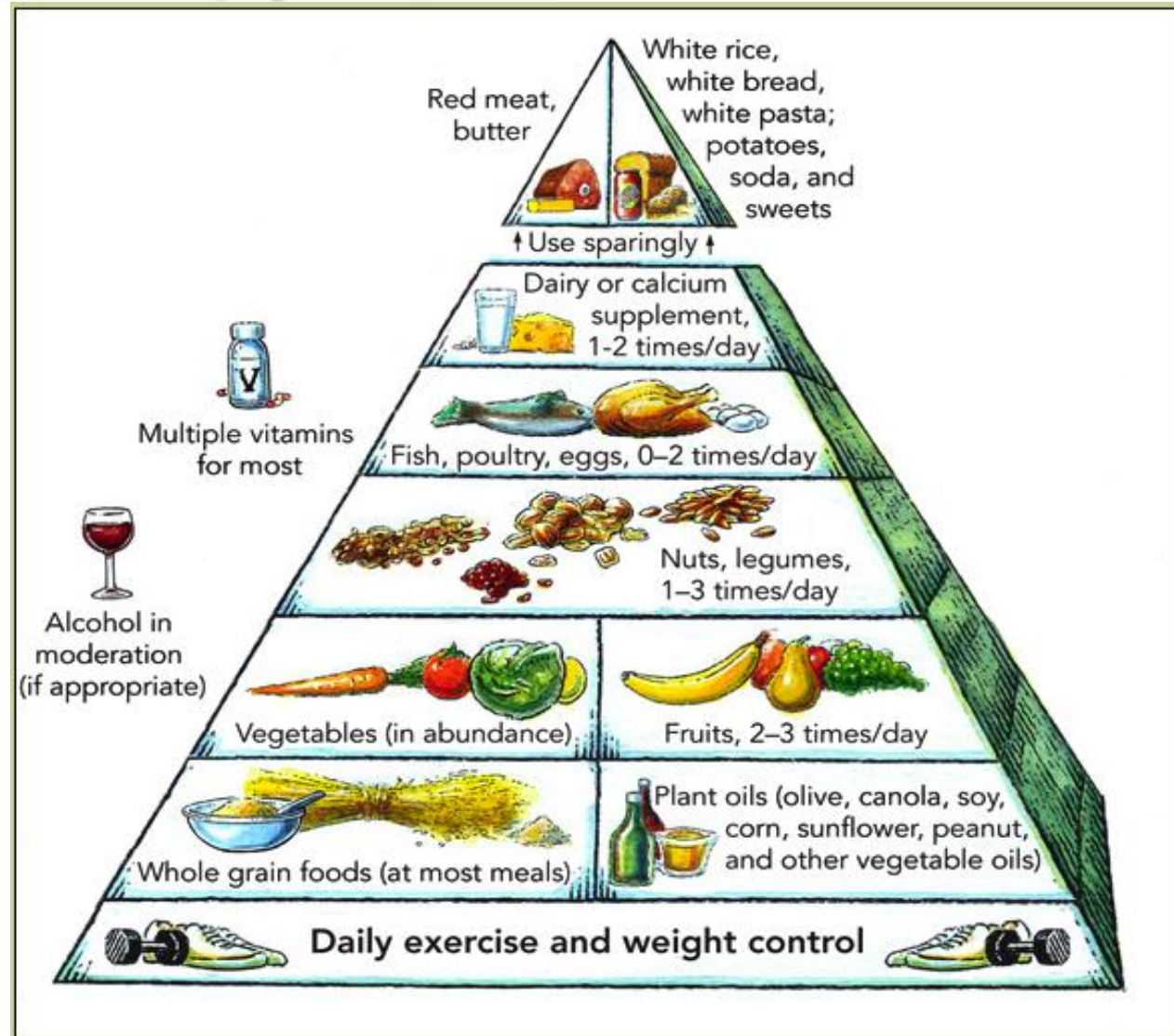


INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Projekt:	MO-ME-N-T MOderní MEtody s Novými Technologiemi
Reg.č.:	CZ.1.07/1.5.00/34.0903
Operační program:	Vzdělávání pro konkurenceschopnost
Škola:	Hotelová škola, Vyšší odborná škola hotelnictví a turismu a Jazyková škola s právem státní jazykové zkoušky Poděbrady
Tematický okruh:	Food pyramid
Jméno autora:	Michal Škvor
Datum:	26. 10. 2013
Ročník: (Cíl. skupina):	2. – 4.
Anotace:	Co je potravinová pyramida a její obsah. Skupiny a rozdělení potravin.

Food pyramid

Food pyramid helps us to choose of what and how much to eat. That means that we get right amounts of nutrients and energy.



Food groups

1. **Whole grains** – are non-refined cereals. Products must be made of whole wheat flour, brown rice, oats or any other type of whole grain.
2. **Plant oils** – namely olive oil, peanut oil, coconut oil and canola oil are considered to be healthy without any negative effects.

3. Fruits and vegetables - should create a half of our plate. They are great source of fiber, vitamins and minerals and they are low in calories. Don't forget to wash them before you eat them.

4. Legumes – are excellent source of protein and fiber. Typical ones are soy, beans, peas and lentil. They can substitute meat because of their high content of protein.

Nuts – such as walnuts, almond, hazelnuts, etc. It is thought that eating nuts can reduce the level of „bad“ cholesterol. They are also a source of calories so do not eat too many at once.

5. Meat – such as poultry, fish, beef, pork, lamb or wild game is great source of protein and iron. However, it should be lean meat. Fish should be a part of your menu at least once a week!

Eggs – contain almost all the vitamins and minerals needed by humans. Egg white protein is of a very good quality and on the other hand egg yolk consist of essential vitamins A,D,E and K.

So do not avoid egg yolks as some people do!

6. **Dairy products** – such as milk, cheese, yogurts or puddings are recommended to be low-fat or fat-free.

However, if they are low in fat, be careful about the amount of sugars.

Most of these products are a great source of calcium.

7. **Sweets, fats, white flour etc.** - provide taste and calories

- try to reduce these products as much as you can

- sugars give us extra calories but they don't have any other nutritional benefit.

- keep the consumption of alcohol moderate as well.

The key word is **variety**.

- Remember that eating same food all the time even if it is considered to be healthy may be harmful to human s body.
- Try to follow the food pyramid to keep your menu diverse.
- In some sources it is said that the base of the pyramid should create water. It is one of the essential rules to drink enough water in a day.