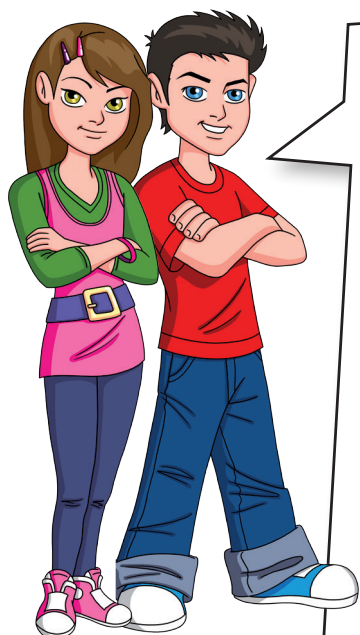




- In which group do vegetables and salad ingredients belong in the nutrition pyramid?

.....

- Why should we eat these foods?

.....

.....

- Think back and write down all the vegetables and salad ingredients you have eaten in the last 5 days.

.....

.....

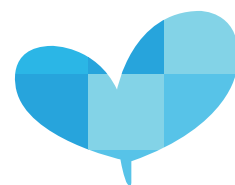
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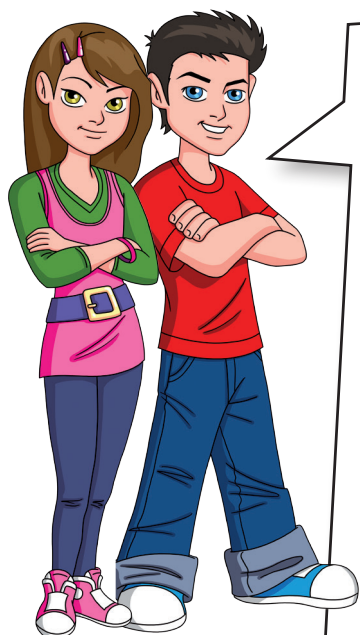
- Do you think that is enough? Do you think you should include more vegetables in your diet?

.....

.....

When you go food shopping with your family, have a look at the huge variety we have and try something you have never tasted before.



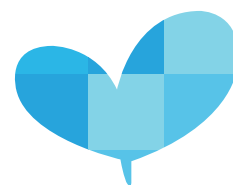


Which salad ingredients and vegetables are grown in this cooperative?

Let's write them all down grouped by colour.

green	orange yellow	red	white

*You can complete the table with other foods that were not mentioned in the video.





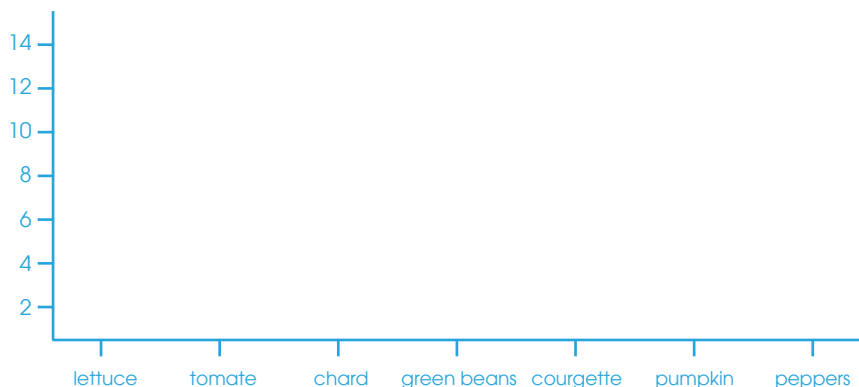
What is my class's favourite salad ingredient or vegetable?

Ask your classmates and write down their answers in this table.

lettuce	tomate	chard	green beans

courgette	pumpkin	peppers

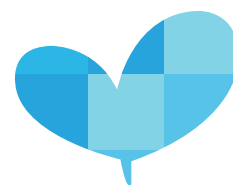
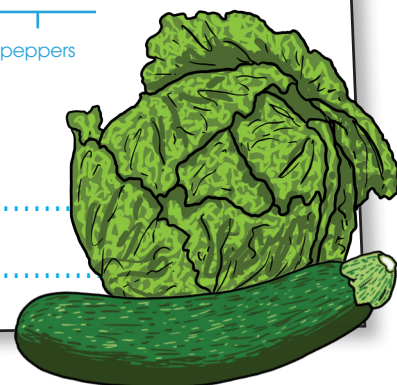
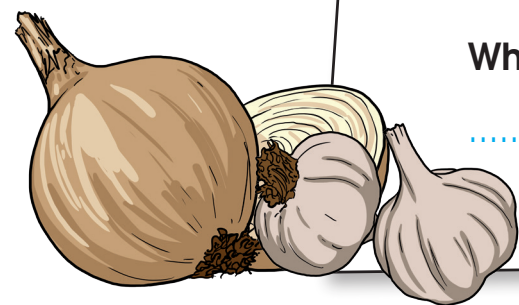
Complete the bar chart "My class's favourite salad ingredient and vegetable".



What conclusions have you reached?

.....

.....





Write a story based on this question: What would happen if greenhouses didn't exist?

