Activity 1:

Getting the Message Across

The Diet Pyramid

- The Pyramid is an outline of what to eat each day
- The diagrams are meant to be a clear and simple way to communicate this information
- Look at the example representations of the Pyramid below (Figures 1-4)
- Discuss what is good and bad about each
- For example, how is colour and association used?
- Which do you think is the best and why?
- Could you improve them in some way?

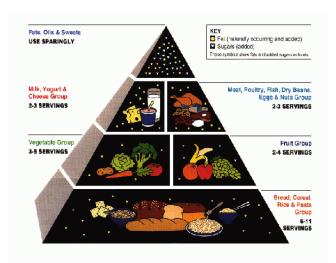


Figure 1



Figure 3



Figure 2

The Balance of Good Health Fruit and vegetables Bread, other cereals and potatoes White the state of Good Health Fruit and vegetables Bread, other cereals and potatoes Fruit and vegetables Bread, other cereals and potatoes Bread, other cereals and potat

There are five main groups of valuable foods Figure 4