

# FOOD PYRAMID

Please fill in this worksheet whilst watching the related online video.

## QUESTIONS

1. List the order of food types with the most healthy ones you should be eating the most of first:

Food Type



1

2

3

4	
5	
6	

2. How many layers of the food pyramid need soil to produce the food we eat?

---

3. How can you tell if soil is healthy?

---

---

4. Why do we need soil to be healthy?

---

---

5. Name 3 healthy things that you like to eat how do they rely on soil. You can use the headings - food, home, shelter, water.

i) \_\_\_\_\_

---

ii) \_\_\_\_\_

---

iii) \_\_\_\_\_

---

6. If the soil is unhealthy the farmer has to add chemicals and fertilizers to it to make it productive. Give one disadvantage of this.

---

---

7. Soil filters water often making it drinkable. Soil can also prevent  
Er \_\_\_\_\_ by soaking up rainfall, and, can help prevent  
Dr \_\_\_\_\_ by releasing water stored in the soil.

8. Soil can store \_\_\_\_\_ which helps prevent global warming.

Name: \_\_\_\_\_

### Food Pyramid

F	K	B	W	S	S	O	I	L	I	S	P
R	D	N	B	A	C	T	E	R	I	A	L
U	J	S	L	N	A	T	U	R	E	Z	T
I	E	A	R	T	H	W	O	R	M	S	R
T	V	E	G	E	T	A	B	L	E	S	E
H	E	A	L	T	H	Y	N	D	X	O	E
B	E	E	S	K	F	U	N	G	I	I	S
N	F	A	R	M	E	R	K	D	N	T	Z

Find the following words in the puzzle.  
Words are hidden → and ↓ .

BACTERIA

BEEES

EARTHWORMS

FARMER

FRUIT

FUNGI

HEALTHY

NATURE

SOIL

TREES

VEGETABLES

## ACTIONS

You can do these as a class or at home

1. Check your lunch box/dinner plate. Assess which food groups these come from.
2. Can you improve your diet to include more healthier food from lower down on the pyramid in your next few meals.
3. Can you set up a project to find a way to encourage your local community to consider a healthier way of eating using this food pyramid.



Farming For Nature

[www.farmingfornature.ie](http://www.farmingfornature.ie)