

Aktiviti PAK-21

Unit 5: Eating Right



Aktiviti PAK-21

Civic



Activity: MY DAILY FOOD PYRAMID

Instructions:

- 1 This activity is done individually.
- 2 Using coloured pencils and pens, draw a food pyramid consisting of the pupil's daily food intake starting from the first level to the fourth level.
- 3 Pupils calculate the serving size, calories and nutrition of their food intake.
- 4 Present their food pyramid in front of the class.
- 5 Use the template below.

