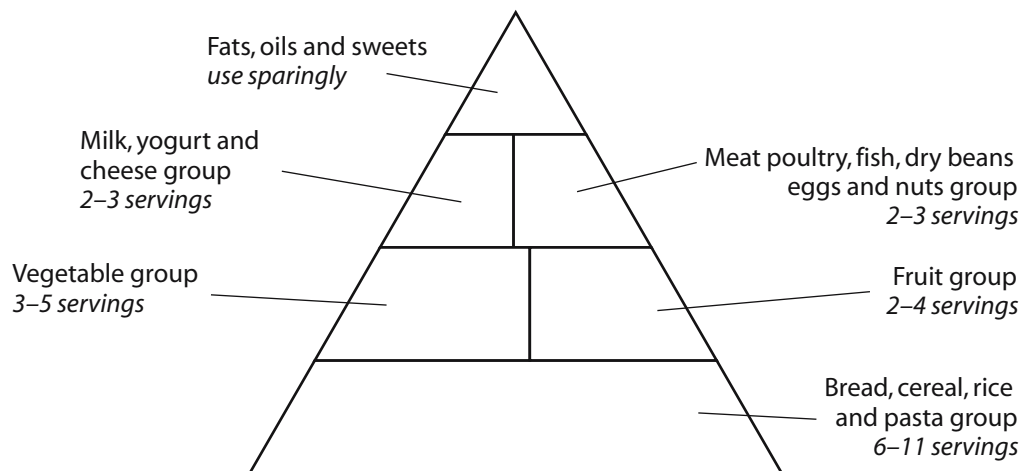
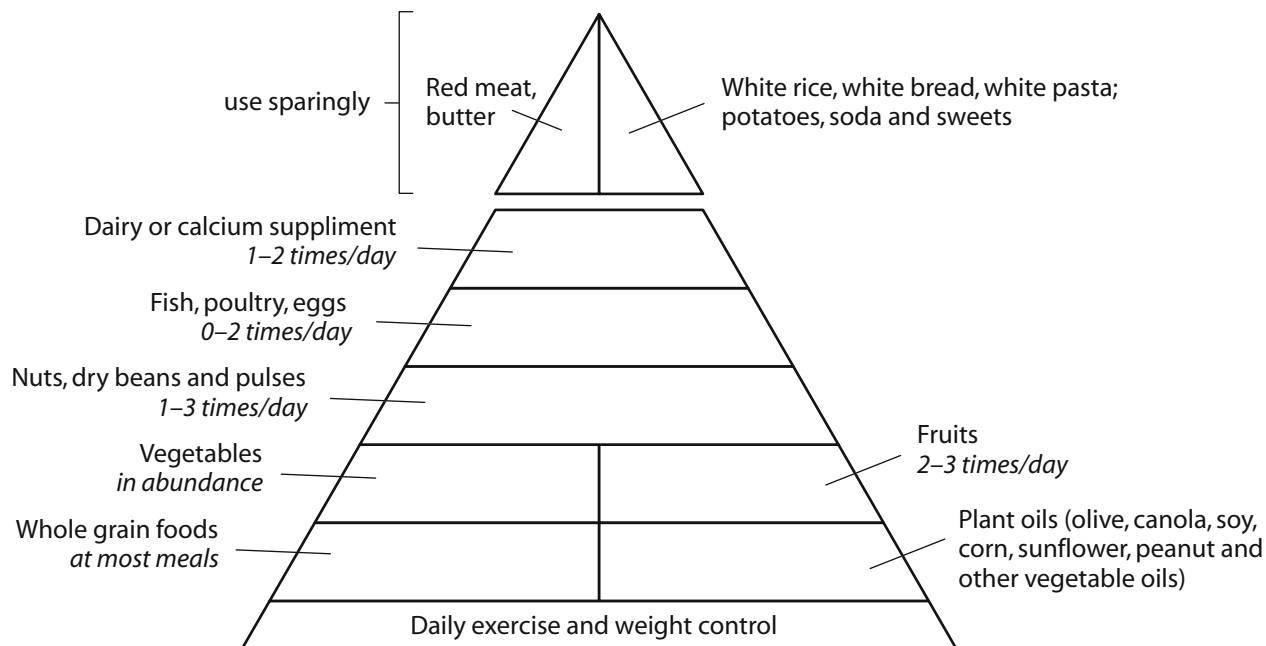


Changing advice

Until the last few years, the most quoted food guidance on how to eat healthily was this pyramid diagram.



Now you are more likely to see this pyramid.



- 1 Compare the two pyramids. Suggest why the newer pyramid includes exercise and weight control.
- 2 The old pyramid put all carbohydrates together. The new pyramid separates them into subgroups.
 - a What are these subgroups?
 - b Why do you think they have been separated?
- 3 Compare the advice on proteins in the two pyramids. How has it changed?
- 4 Choose one other difference between the two pyramids and suggest why the advice has changed.
- 5 Not all current health advice matches the newer pyramid. Two other health campaigns are: '5-a-day' and 'the 20 superfoods'.
 - a Research the source of these and other campaigns.
 - b Suggest why there are different kinds of advice.