**Questioncards - red**

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| 1  Name a sour fruit | 2  What would you find at the top of the food pyramid?  Name one item | 3  What would you find at the bottom of the food pyramid?  Name one item | 4  What kind of grain can you eat without grinding? |
| 5  What kind of food makes your blood pressure high? | 6  What is best for building strong bones? | 7  Name a typical Austrian food | 8  Give an example of a healthy snack |
| 9  Which part of your body will be damaged if you eat too much fatty food? | 10  Which vegetable is good for your eyes? | 11  Which fruit helps resist infection? | 12  Which fruit calms your nerves? |

Solution

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| 1  lemon | 2  sweets, fats, oils | 3  rice, bread, pasta | 4  rice |
| 5  junk food | 6  calcium | 7  Wiener Schnitzel | 8  fruit, vegetables |
| 9  Your heart | 10  carrot | 11  apple | 12  cherry |