**Questioncards - red**

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

Solution

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