Name:

Find out which foods you should eat, and how often.

Draw examples of these foods in the correct places on the Food Pyramid.

How does this pyramid compare to your own diet?
Find out which foods you should eat, and how often.

Draw examples of these foods in the correct places on the Food Pyramid.
Can you stick the different foods onto the Food Pyramid?

I like to eat these foods:

_____________________
_____________________
_____________________
_____________________

Fat

Protein

Dairy

Fruit and Vegetables

Carbohydrates