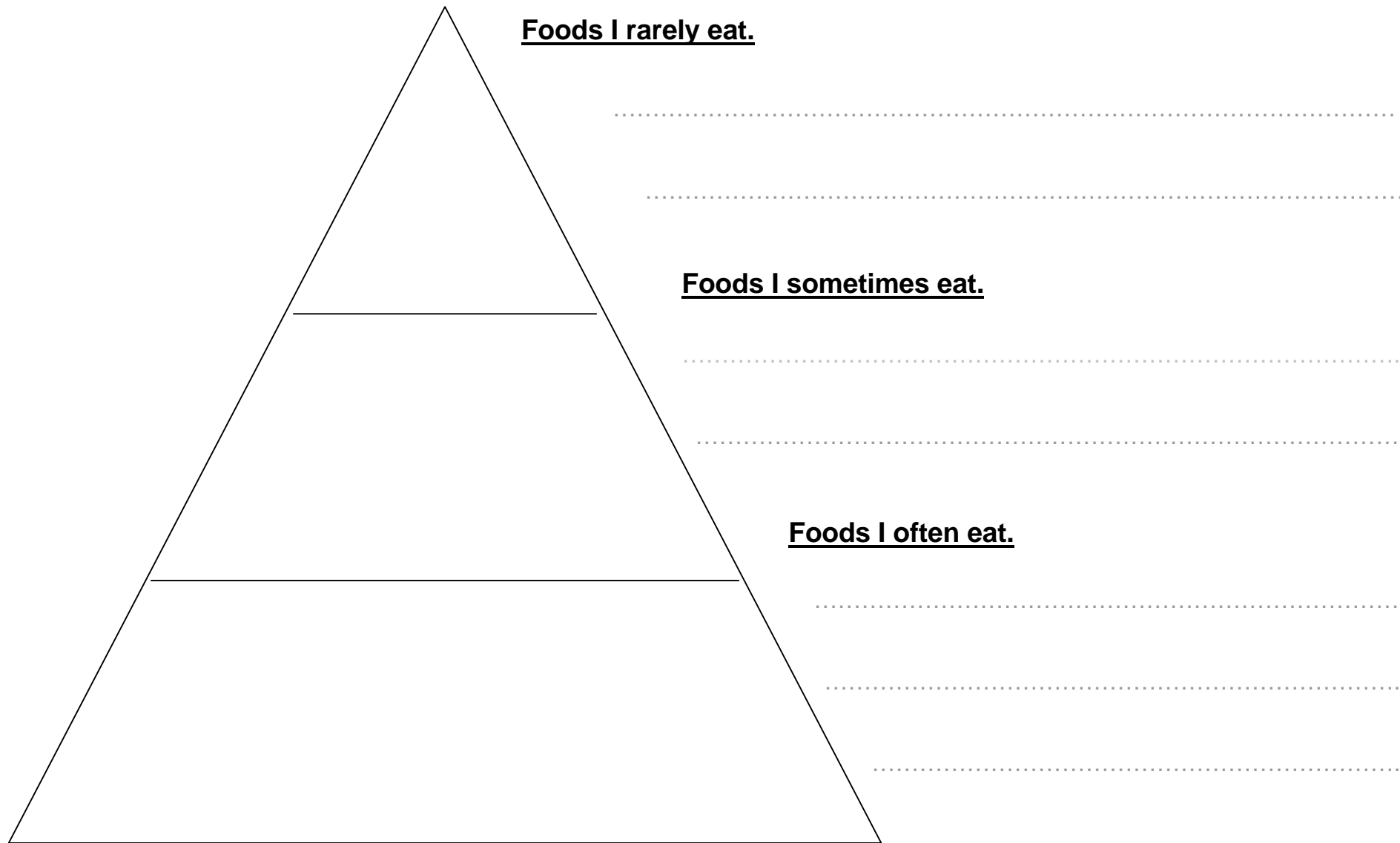


Name..... Date:.....

# My Food Pyramid.

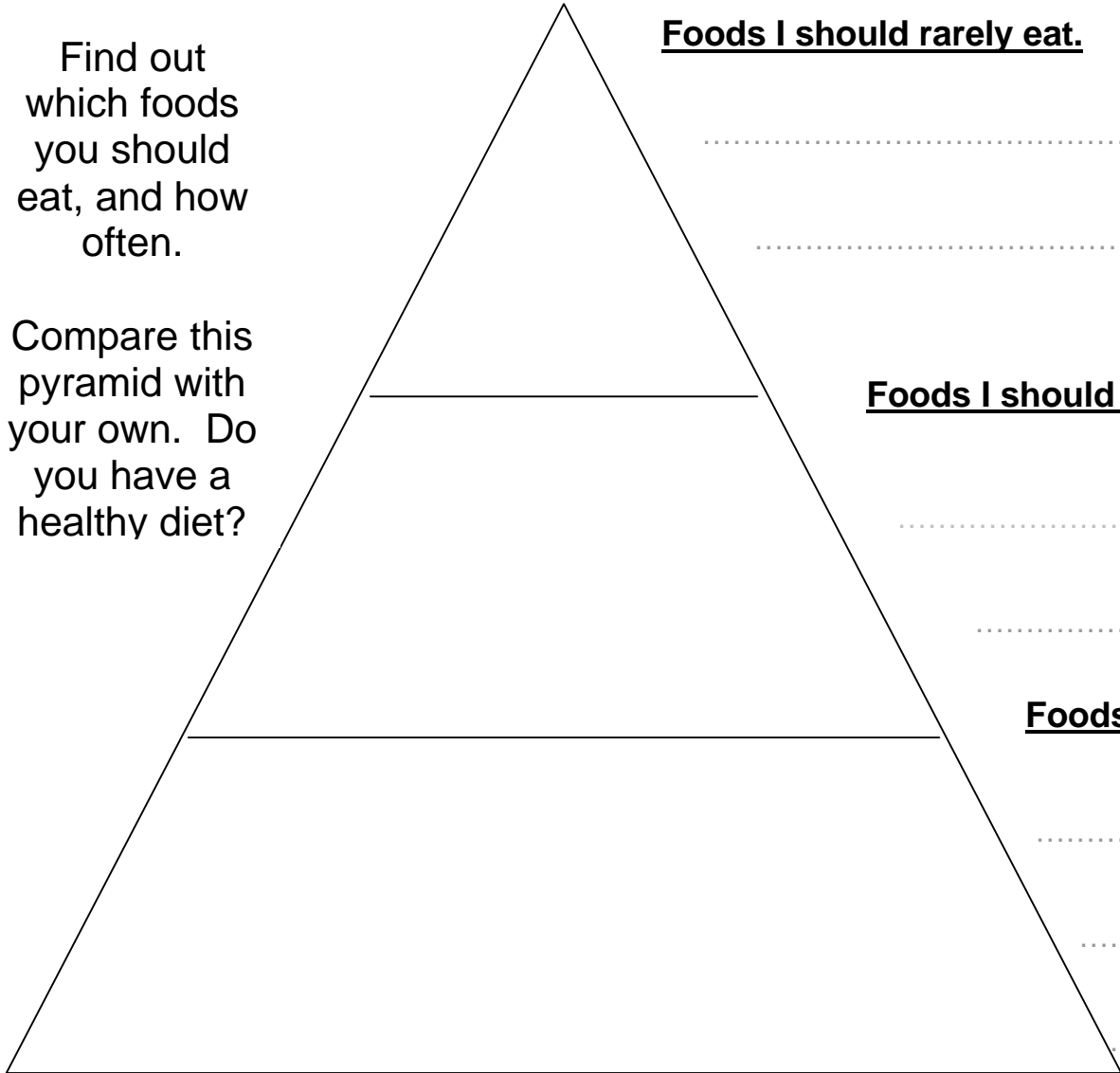


Name..... Date:.....

# Healthy Diet Pyramid.

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

Compare this pyramid with your own. Do you have a healthy diet?



Foods I should rarely eat.

.....  
.....

Foods I should sometimes eat.

.....  
.....

Foods I should eat often.

.....  
.....  
.....