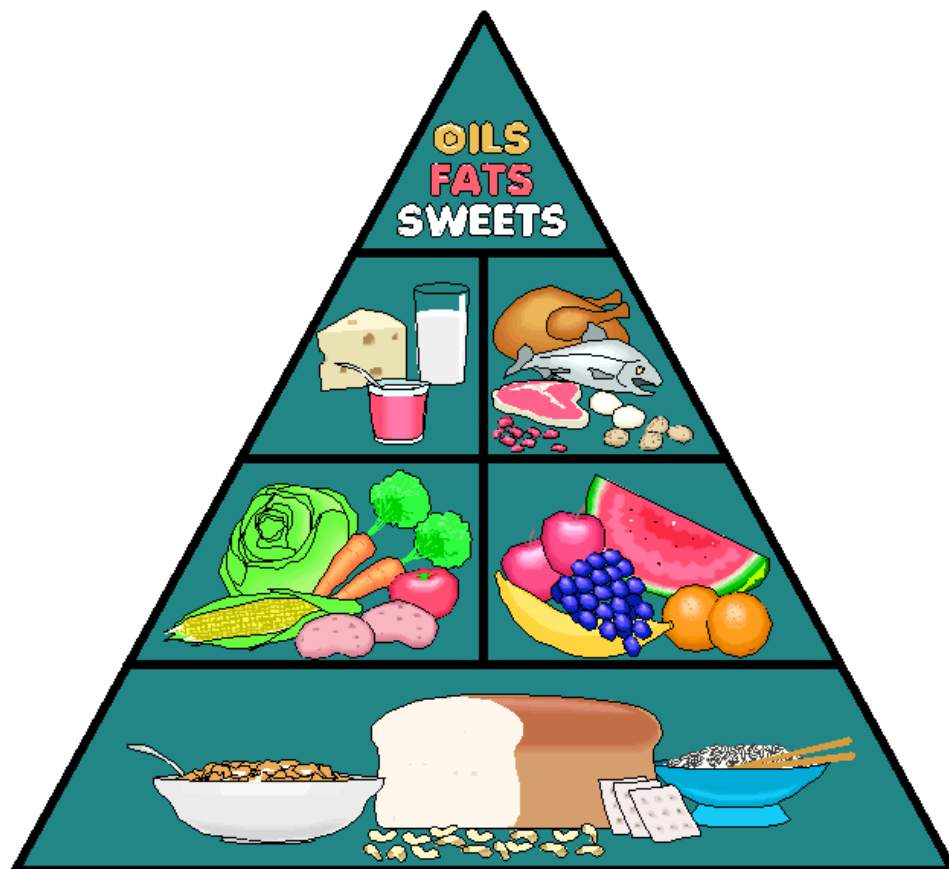


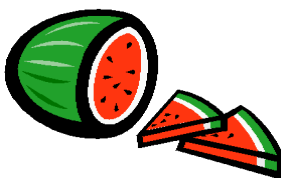
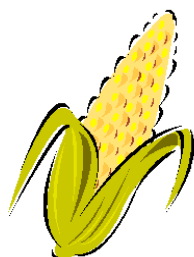
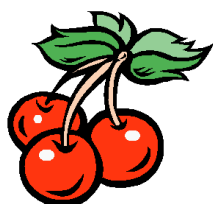
The Food Pyramid



Grain Group

6 - 11 Servings

EQ: What foods are part of the grain group?



Circle all the foods that are a part of the grain group.

Fruit & Vegetable Group

EQ: Which foods belong in the fruit/vegetable group?

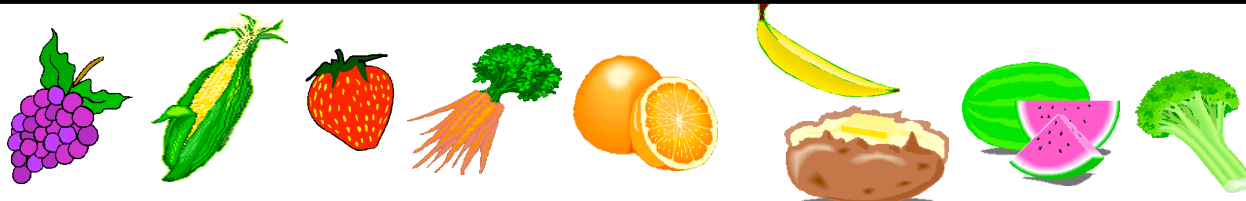
Move the food to the correct group.

Fruit Group

2 - 4 Servings

Vegetable Group

3 - 5 Servings

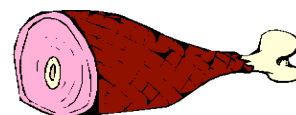


Protein Group

2- 4 Servings

EQ: Which foods belong to the protein group?

Put an "X" on all the food items that belong in the protein group.

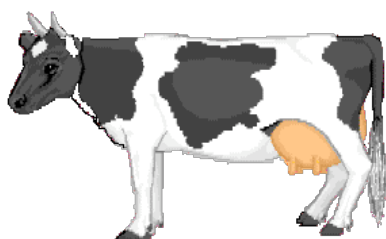


Dairy Group

2 - 3 Servings

EQ: Which foods belong in the dairy group?

Draw a line from each dairy item to the cow.

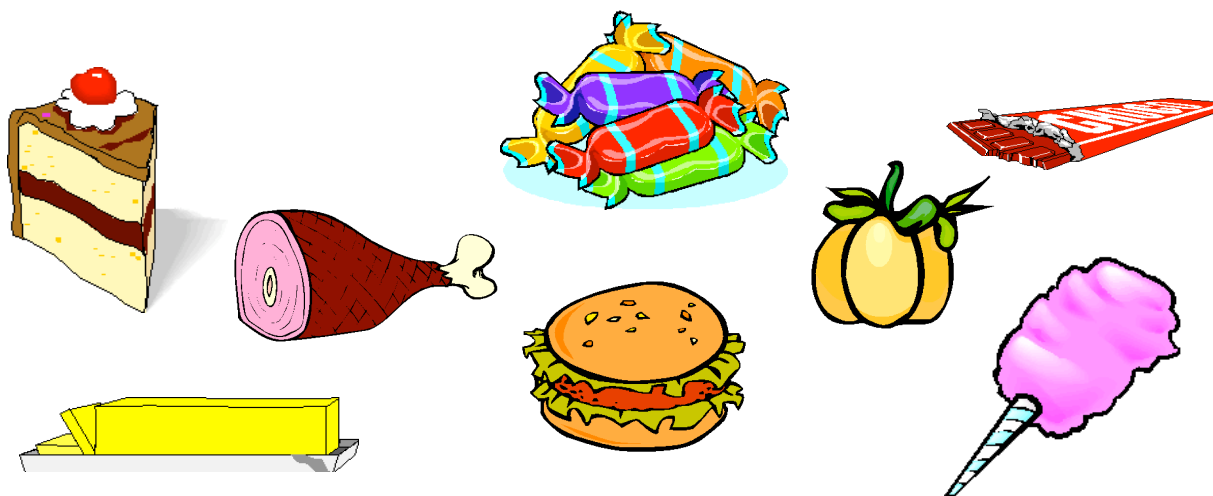


Fats & Sweets Group

Eat Sparingly

EQ: Which foods belong to the fats/sweets group?

Put an "X" on all the fats and sweets.



Healthy Foods/Unhealthy Foods

EQ: What are some healthy foods?

Move the foods to the correct place below.

Healthy Foods

Unhealthy Foods

