

Name _____

The Food Pyramid

Go to <http://www.teachercreated.com/books/3403>

Click on **Page 18, Site 1**

- ☞ Click on each part of the pyramid on the Web site to find and write one fact about each type of food. Then draw an example of each.

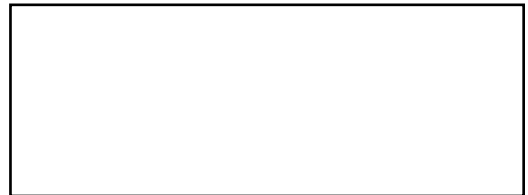
1. **sweets:** _____



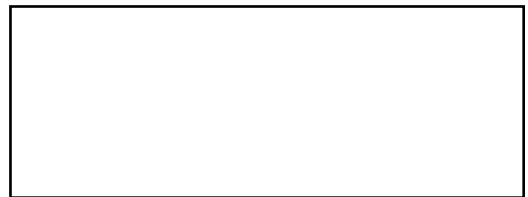
2. **milk:** _____




3. **meat:** _____



4. **vegetables:** _____



5. **fruit:** _____



6. **bread:** _____



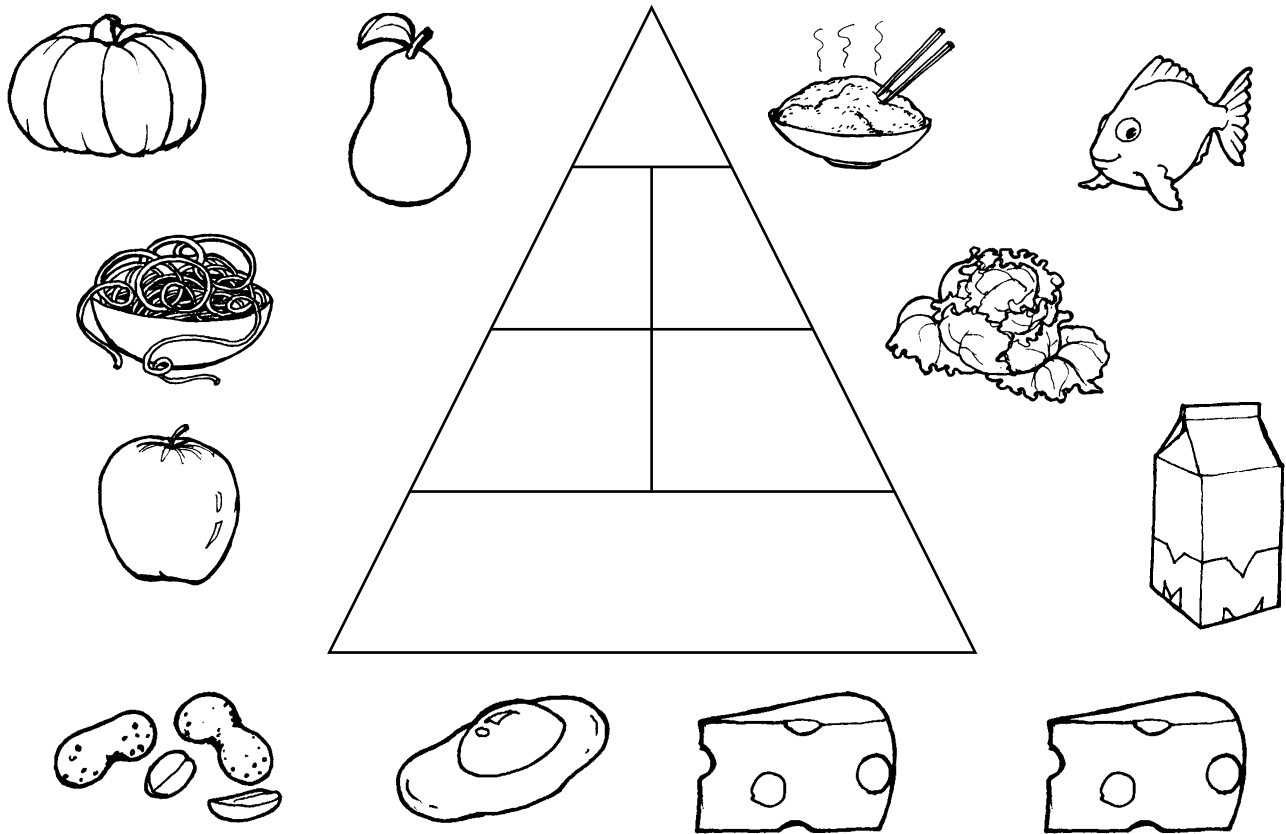
Name _____

Food Pyramid Puzzle

Go to <http://www.teachercreated.com/books/3403>

Click on **Page 19, Site 1**

- Click on the **Start Game** link on the Web site. Complete the food pyramid puzzle. Label your finished food pyramid on the triangle below. Use lines to match the pictures of the foods to the right food groups.



- Click on each section of the food pyramid on the Web site to find out how many servings of the different food groups we should eat every day.

1. milk and milk products— _____
2. meat, beans, and nuts— _____
3. vegetables— _____
4. fruits— _____
5. breads and grains— _____