

# I love food!

Write the name of the different foods.

## The Food Pyramid



Labels around the pyramid:

- Top left: Fat, oil and sugar
- Top right: Vegetables
- Middle left: Fruit
- Middle right: Dairy
- Bottom right: Starches
- Bottom left: Meat and Fish

Numbered boxes for labeling (1-24):

- 1: donuts
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_
- 4: \_\_\_\_\_
- 5: \_\_\_\_\_
- 6: \_\_\_\_\_
- 7: \_\_\_\_\_
- 8: \_\_\_\_\_
- 9: \_\_\_\_\_
- 10: \_\_\_\_\_
- 11: \_\_\_\_\_
- 12: \_\_\_\_\_
- 13: \_\_\_\_\_
- 14: \_\_\_\_\_
- 15: \_\_\_\_\_
- 16: \_\_\_\_\_
- 17: \_\_\_\_\_
- 18: \_\_\_\_\_
- 19: \_\_\_\_\_
- 20: \_\_\_\_\_
- 21: \_\_\_\_\_
- 22: \_\_\_\_\_
- 23: \_\_\_\_\_
- 24: \_\_\_\_\_

The Food Pyramid is a guide about what you must eat each day. Eat lots of vegetables and fruits. Some dairy, fish and meat. Lots of starches. Avoid fats, oil, and sugars.