

NAME _____

CLASS _____

DATE _____

FOOD NUTRITION PYRAMID

For Morning Nutrition

A. Daily Guide for 5- to 8-Year-Olds



Look at the food pyramid and complete the following grid.

Milk Group	MEAT, POULTRY, FISH, DRY BEANS, EGGS, NUTS	FRUIT Group	BREAD Group	VEGETABLE Group	Other Food
• •	• Turkey • Chicken	• Banana • Orange	• Milk • Eggs	• Beef • Pork	• • •
	• • • • • •	• • • • • •		• • • • • •	

WHAT DOES FOLLOWER MEAN IN THE WORKSHEET?

- 1) The first column is the name of the food group. The second column is the name of the food item. The third column is the name of the food item. The fourth column is the name of the food item. The fifth column is the name of the food item. The sixth column is the name of the food item.
- 2) The first column is the name of the food group. The second column is the name of the food item. The third column is the name of the food item. The fourth column is the name of the food item. The fifth column is the name of the food item. The sixth column is the name of the food item.