

NAME _____

CLASS _____

DATE _____

FOOD PIRAMID

For Morning Activities

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



Look at the food pyramid and complete the following grid.

Grain Group	Milk, Cheese, Yogurt	Fruit Group	Meat Group	Vegetable Group	Other Food
•	• Turkey • Chicken	• Banana • Orange	• Milk	• Spinach	•
•	•	•	•	•	•
	•	•		•	
	•	•		•	
	•	•		•	
	•	•		•	
	•	•		•	
	•	•		•	

WHAT DOES FOLLOW UNDER THE WORKSHEET:

- a) How many cups of the food do you eat each day? Write the number in the space provided. Do not write any part of the food pyramid itself. Do not write the number of cups of the food in the space provided. Do not write the number of cups of the food in the space provided.
- b) How many cups of the food do you eat each day? Write the number in the space provided. Do not write any part of the food pyramid itself. Do not write the number of cups of the food in the space provided.