



Label the food pyramid with the following food groups. Tell how many servings you would eat from each group.

- Cheese Group
- Meat Group
- Vegetable Group
- Milk, Yogurt Group
- Bread Group
- Fruit Group

Servings:

- 1-2 Servings
- 3-4 Servings
- 5-6 Servings
- 7-8 Servings
- 9-10 Servings
- 11-12 Servings