NAME CLASS DATE

FOOD GUIDE PYRAMID

For Young Children

A Daily Guide for 2- to 6-Year-Olds

Look at the food pyramid and complete the following grid:

[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]
•	• Cereals • Potatoes • • • • • •	• Bananas • oranges • • • • • •	• milk • •	• Beef • • • •	• • •

WHAT DO IT? Fill-ups: Write the words properly.

1. Mary Ann is with an the children and will all the meals and you must prepare at least 1 healthy one and 2. Healthy snacks for each. Mary Ann is healthy or they will ill. It is mean and 1 meals from a free and provide each 1 healthy snack. _____
2. Michael Brian is mean. It is unhealthy. Brian 1 fat and 1 is unhealthy. The meals Michael cannot Brian eat 2 and provide 1. Brian 1 is not 1 1 meals can be healthy if 1 fat 2 not 1 healthy. _____