

Food Guide Pyramid Worksheet

NAME: _____

CLASS#: _____

1. What is the food pyramid and how can it help you?:
2. Type your age, gender and activity level into the ["My Pyramid Plan"](#) to determine what your ideal diet should be. Use your individual Pyramid Tracker to answer the following:

How many calories should you consume in a day?

| Name of Group | Recommended Amount | Tips (list one tip for this group) |
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3. What does it tell you about Oils and Discretionary Calories?
4. Why is physical activity important?
5. List three types of physical activities that you do. If you don't get enough physical activity, choose three activities you would like add to your daily routine.

| Activity | Amount of Calories Used in 1 hour |
|----------|--------------------------------------|
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