

# I love food!

Write the name of the different foods.

## The Food Pyramid



**Labels:**

- Top left: Fat, oil and sugar
- Top right: Vegetables
- Left side (middle): Fruit
- Right side (middle): Dairy
- Bottom right: Starches
- Bottom left: Meat and Fish

**Pyramid Layers (from top to bottom):**

- 1 donuts
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**Numbered Boxes (from top to bottom):**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24

The Food Pyramid is a guide about what you must eat each day. Eat lots of vegetables and fruits. Some dairy, fish and meat. Lots of starches. Avoid fats, oil, and sugars.