

## **Food Pyramid Worksheet**

### **I. Fats, Oils, Sweets Food Group**

**How much of this food group should you have daily?**

\_\_\_\_\_

\_\_\_\_\_

**List 3 foods in this**

\_\_\_\_\_

### **II. Milk Food Group**

**What nutrients does this group provide?** \_\_\_\_\_

\_\_\_\_\_

**List 3 foods in this** \_\_\_\_\_

\_\_\_\_\_

**How much of this food group should you have daily for your age group?**

\_\_\_\_\_ servings

### **III. Meat Food Group**

**What nutrients does this group provide?** \_\_\_\_\_

\_\_\_\_\_

**How does this food group help your body? List one or 2 ways** \_\_\_\_\_