

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 _____