

I love food!

Write the name of the different foods.

The Food Pyramid



Labels around the pyramid:

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

Numbered boxes for labeling (1-24):

- 1: donuts
- 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.