

I love food!

Write the name of the different foods.

The Food Pyramid



Labels:

- Top left: Fat, oil and sugar
- Top right: Vegetables
- Middle left: Fruit
- Middle right: Dairy
- Bottom left: Meat and Fish
- Bottom right: Starches

Pyramid Layers (from top to bottom):

- Layer 1: 1 donut
- Layer 2: 2 []
- Layer 3: 3 []
- Layer 4: 4 []
- Layer 5: 5 []
- Layer 6: 6 []
- Layer 7: 7 []
- Layer 8: 8 []
- Layer 9: 9 []
- Layer 10: 10 []

Surrounding Boxes (from top to bottom, left to right):

- 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.