

A Food Guide Pyramid

1. What is a food guide pyramid? _____

2. What counts as one serving? _____

3. List the five major food groups you should eat from daily and give the recommended daily serving for each.

4. Tell your favorite food in each of the five food groups (that you listed in question 3).

What is hydrogenated oil and why is it so bad for you? _____

Protein - Station #1

What percentage of calories of your daily diet should come from protein? _____