

NAME \_\_\_\_\_

CLASS \_\_\_\_\_

DATE \_\_\_\_\_

# FOOD PIRAMID

*For Morning Activities*

A. Daily Guide for 5- to 8-Year-Olds



Look at the food pyramid and complete the following grid.

BREAD, CEREAL, RICE, AND PASTA	MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS	VEGETABLES	MILK, CHEESE, AND YOGURT	FRUITS	OTHER FOOD
<input type="checkbox"/>	<input type="checkbox"/> Turkey	<input type="checkbox"/> Beans	<input type="checkbox"/> Milk	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Chicken	<input type="checkbox"/> Carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**WHAT DOES THIS TELL YOU ABOUT THE WORKSHEET?**

- a) The first column is the only one with only one type of food. The other columns have more than one type of food. This is a good way to show how many different types of food are in each group.
- b) The first column is the only one with only one type of food. The other columns have more than one type of food. This is a good way to show how many different types of food are in each group.