



Label the food pyramid with the following food groups. Tell how many servings you would eat from each group.

- Cheese Group
- Meat Group
- Vegetable Group
- Milk, Yogurt Group
- Bread Group
- Fruit Group

servings:

- 1-2 servings
- 2-3 servings
- 3-4 servings
- 4-5 servings
- 5-6 servings
- 6-7 servings