

Name: _____ Date: _____

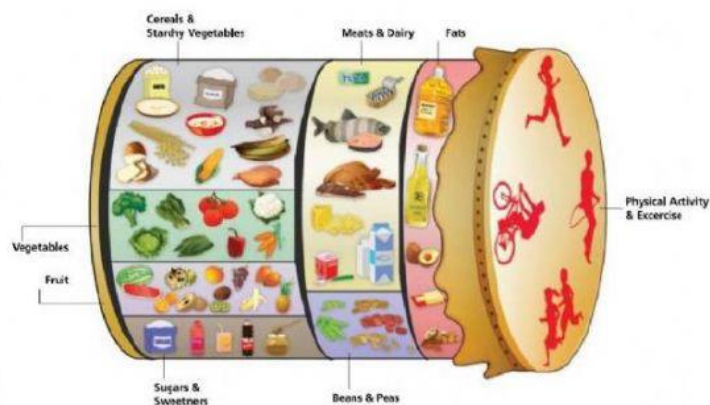
The Food Guide Drum and Dietary Guidelines

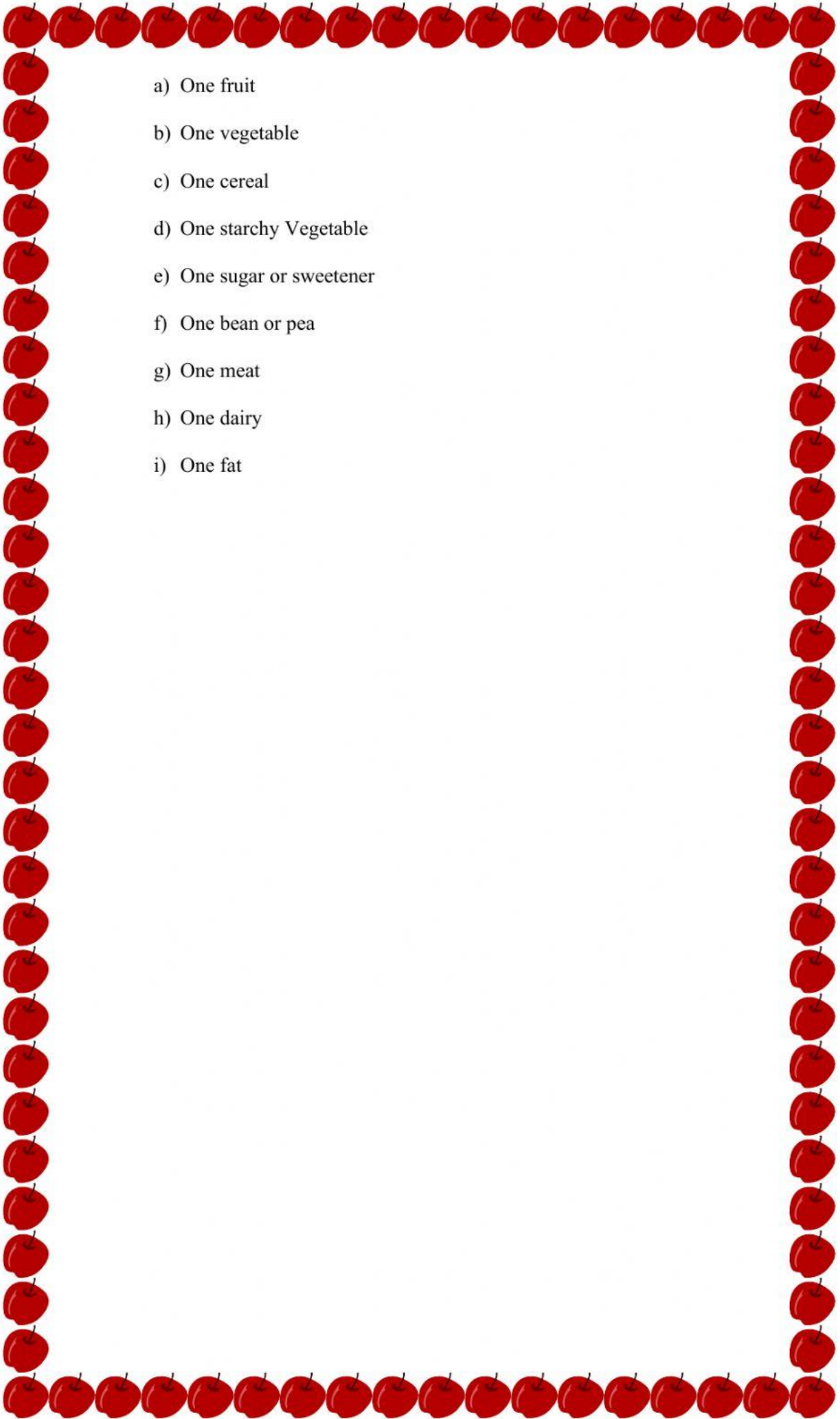
Directions: Read your notes and the chart in your book. Answer all questions.

1. What does the Dietary Guidelines show?
2. What is a serving?
3. What is a portion?

Look at the Dietary Guidelines table in your notebook and answer the following questions:

4. Name on food group
5. What is the number of servings for the food group you named in number 4?
6. Write an example of the serving size needed daily for the food group you named in number 4.
7. Use the food guide drum and your background knowledge to list the following below on the space provided.



- 
- a) One fruit
 - b) One vegetable
 - c) One cereal
 - d) One starchy Vegetable
 - e) One sugar or sweetener
 - f) One bean or pea
 - g) One meat
 - h) One dairy
 - i) One fat