

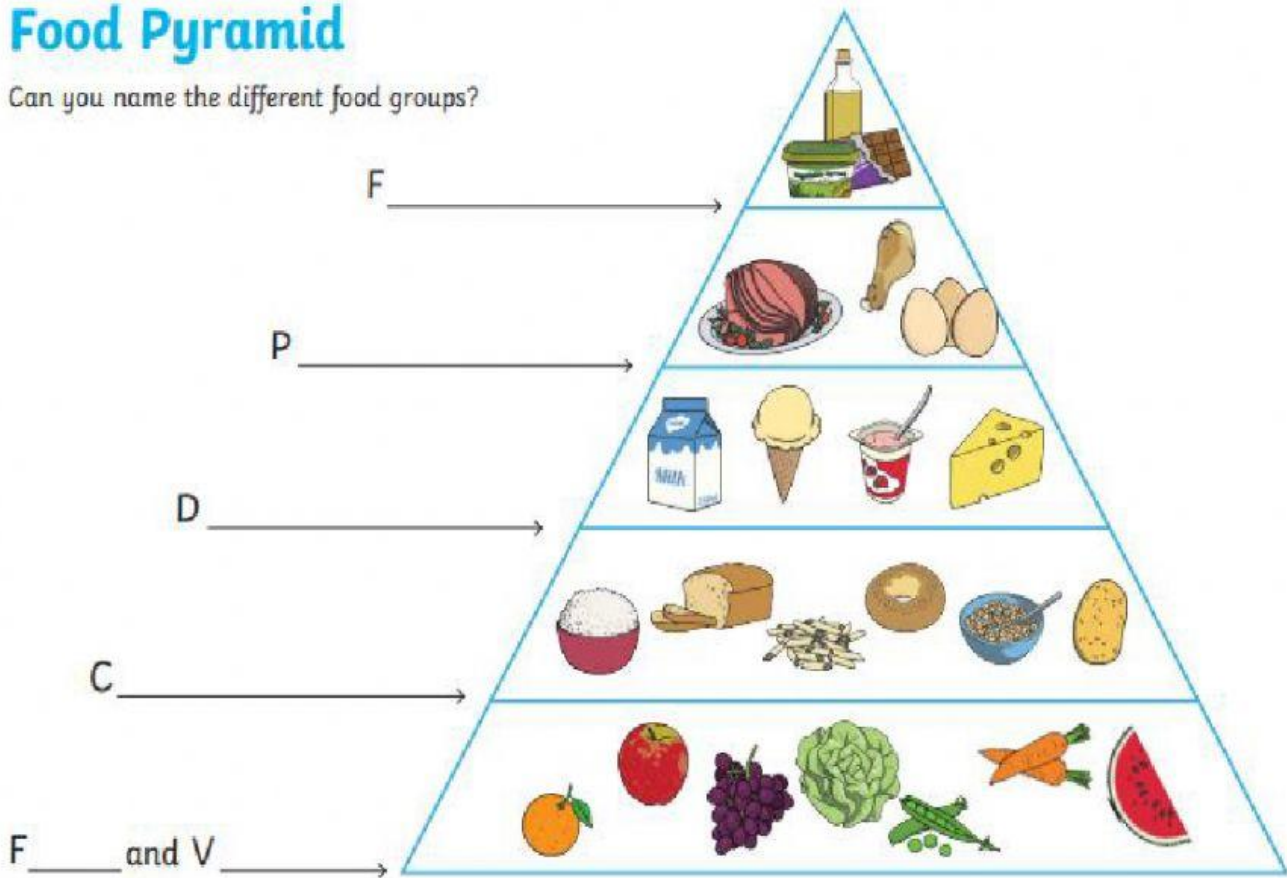
The Food Pyramid and Watching Our Diet

1. Type the words in the correct spot to label the food pyramid.

fats fruits and vegetables proteins dairy carbohydrate

Food Pyramid

Can you name the different food groups?



2. What is a serving?

- A. It is a standard amount of food recommended for a meal or snack.
- B. It is the amount of food an individual chooses to eat.
- C. It is a standard amount of food recommended for only a meal.

3. What is a portion?

- A. It is the amount of food an individual chooses to eat.
- B. It is a standard amount of food recommended for a meal or snack.
- C. It is the amount of food an individual cannot eat.

4. Complete the chart that tells the number of servings we should have each day.

Vegetables	
Fruits	
Meat and Dairy	
Beans and peas	
fats	
Sugar and sweeteners	
Cereal and starchy vegetables	