NAME:_____ DATE:_____

NUTRITION INTOROBUCTION

1. Use the food pyramid to answer the following questions.

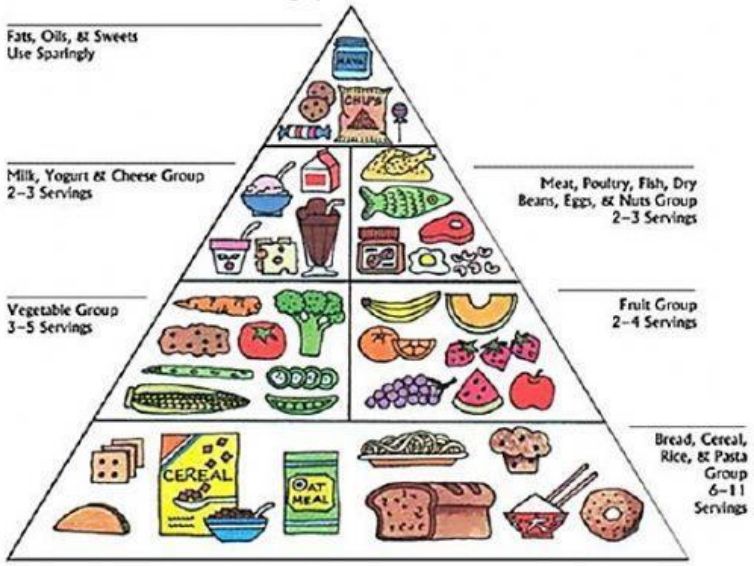



**DIAGRAM SHOWING A FOOD PYRAMID**

a. We need to eat _____ to _____ servings from the Milk, Yogurt and Cheese group each day.

b. We need to eat _____ to _____ servings from the Vegetable group each day.

c. We need to eat _____ to_____ servings from the Bread, Cereal, Rice and Pasta group.

d. We need to eat _____ to _____ servings from the Fruit group.

e. We need to eat _____ to _____ servings from the Meat, Poultry, Fish and Beans group.

f. Which food should we eat sparingly (small amounts)? F_____, O_____ and S_____.

2. Find the words in the Search Word below.

carbohydrates
fats
fibre
proteins
minerals
vitamins
water

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| a | f | v | g | j | i | k | l | p | e | v | s | d | b |
| c | a | r | b | o | h | y | d | r | a | t | e | s | n |
| w | t | j | l | v | e | q | c | o | b | i | p | c | d |
| w | s | b | c | j | k | v | i | t | a | m | i | n | s |
| l | p | y | z | x | m | i | n | e | r | a | l | s | n |
| f | i | b | r | e | c | b | d | i | w | g | h | v | h |
| k | g | t | v | e | e | u | i | n | v | s | x | z | e |
| y | k | w | a | t | e | r | k | s | s | q | c | w | j |

LIVEWORKSHEETS

3. Drag the name of the food group to the appropriate picture of food. Use the Food pyramid to assist you.

| BREAD and PASTA | FRUITS | MEAT, FISH, BEANS |
|---|---|---|
| FATS, OILS, SWEETS | MILK, YOGURT, CHEESE | VEGETABLES |

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LIVEWORKSHEETS