

NAME: _____ DATE: _____

NUTRITION INTORODUCTION

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

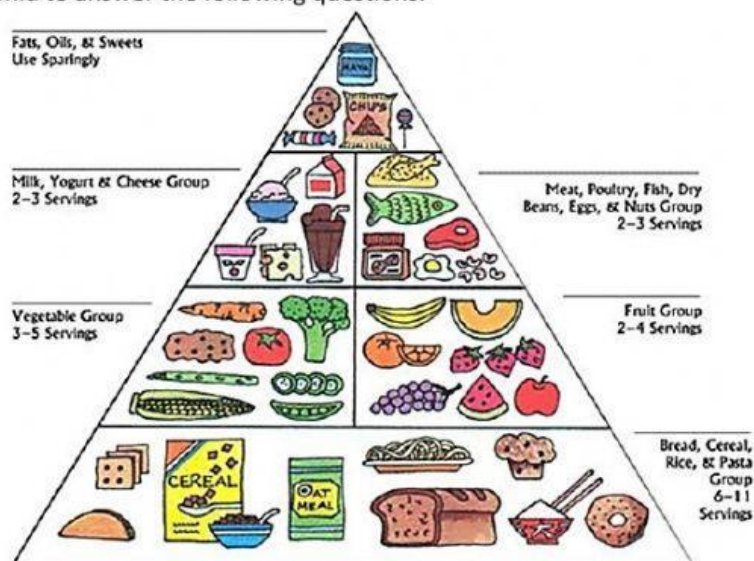


DIAGRAM SHOWING A FOOD PYRAMID

- We need to eat _____ to _____ servings from the Milk, Yogurt and Cheese group each day.
- We need to eat _____ to _____ servings from the Vegetable group each day.
- We need to eat _____ to _____ servings from the Bread, Cereal, Rice and Pasta group.
- We need to eat _____ to _____ servings from the Fruit group.
- We need to eat _____ to _____ servings from the Meat, Poultry, Fish and Beans group.
- 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

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

