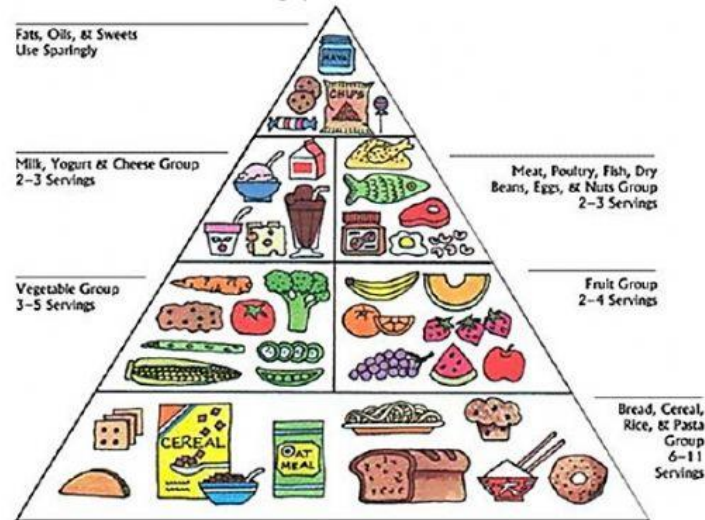


NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## NUTRITION INTRODUCTION

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



- 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



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