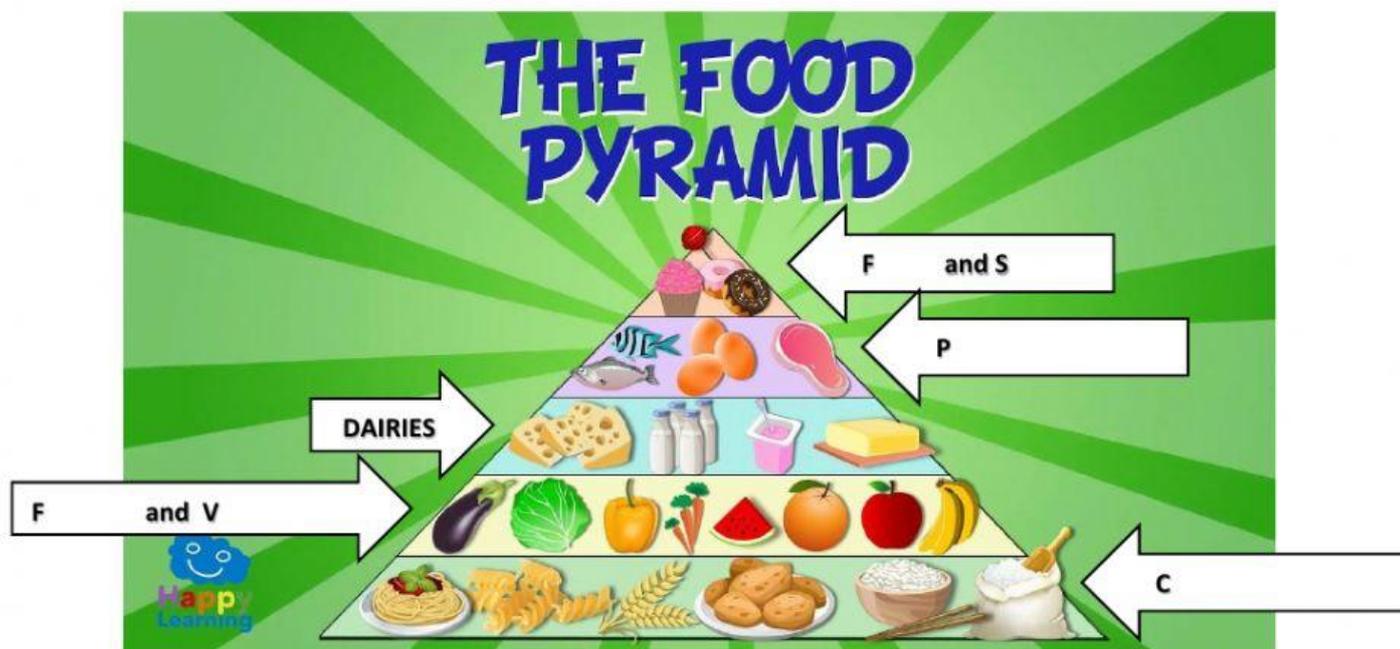


THE FOOD PYRAMID AND BALANCED FOODS

SCIENCE GRADE 3

1. Name each part of the food pyramid below. The initial letters have been done for you. (Use "S" at the end of the word).



2. Name the foods below and memorize them.

CARBOHYDRATES



P__T__



R__E



P__AT__



FL__R

FRUITS AND VEGETABLES



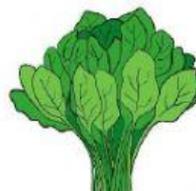
O_A__E



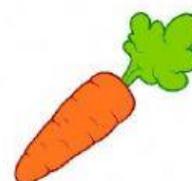
_P_L__



EGG
PL_NT



_P_NA_H



C__R_T

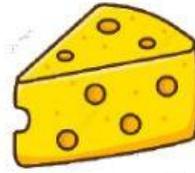
DAIRIES



_ I _ _



B _ T _ _ R



_ H _ _ S _

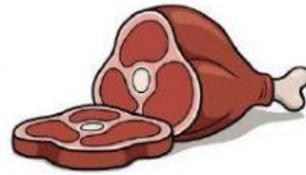
PROTEINS



E _ _



_ I _ _



M E _ _

FATS AND SWEETS



C _ _ K I N _
O I _



C A _ _ Y



C _ _ E

3. Make a balanced food. Write the following foods below as their correct types.
One has been done for you.

CARBOHYDRATE

VEGETABLE

DAIRY

PROTEIN MEAT

FRUIT

PASTA
MEAT
BANANA
SPINACH
BUTTER

CARBOHYDRATE

VEGETABLE

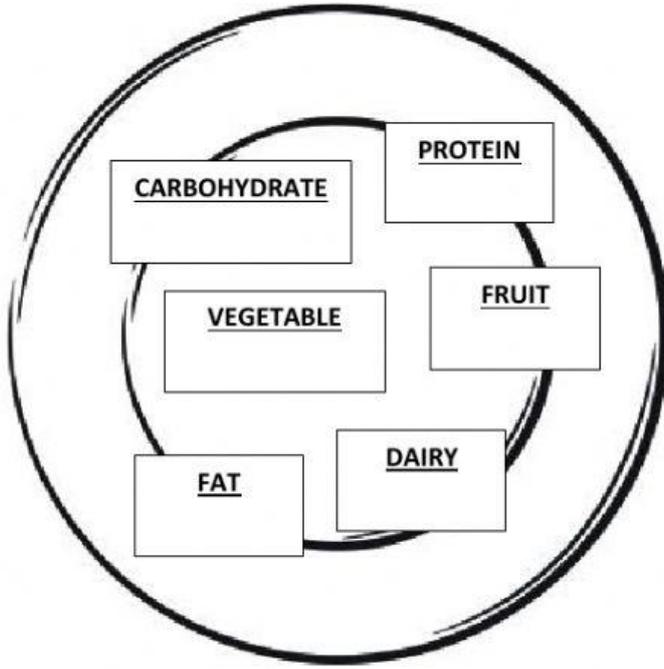
SWEET

PROTEIN

FRUIT

DAIRY

MILK
ORANGE
RICE
CARROT
FISH
CAKE



- APPLE
- POTATO
- CHEESE
- CHICKEN
- EGG PLANT
- OIL