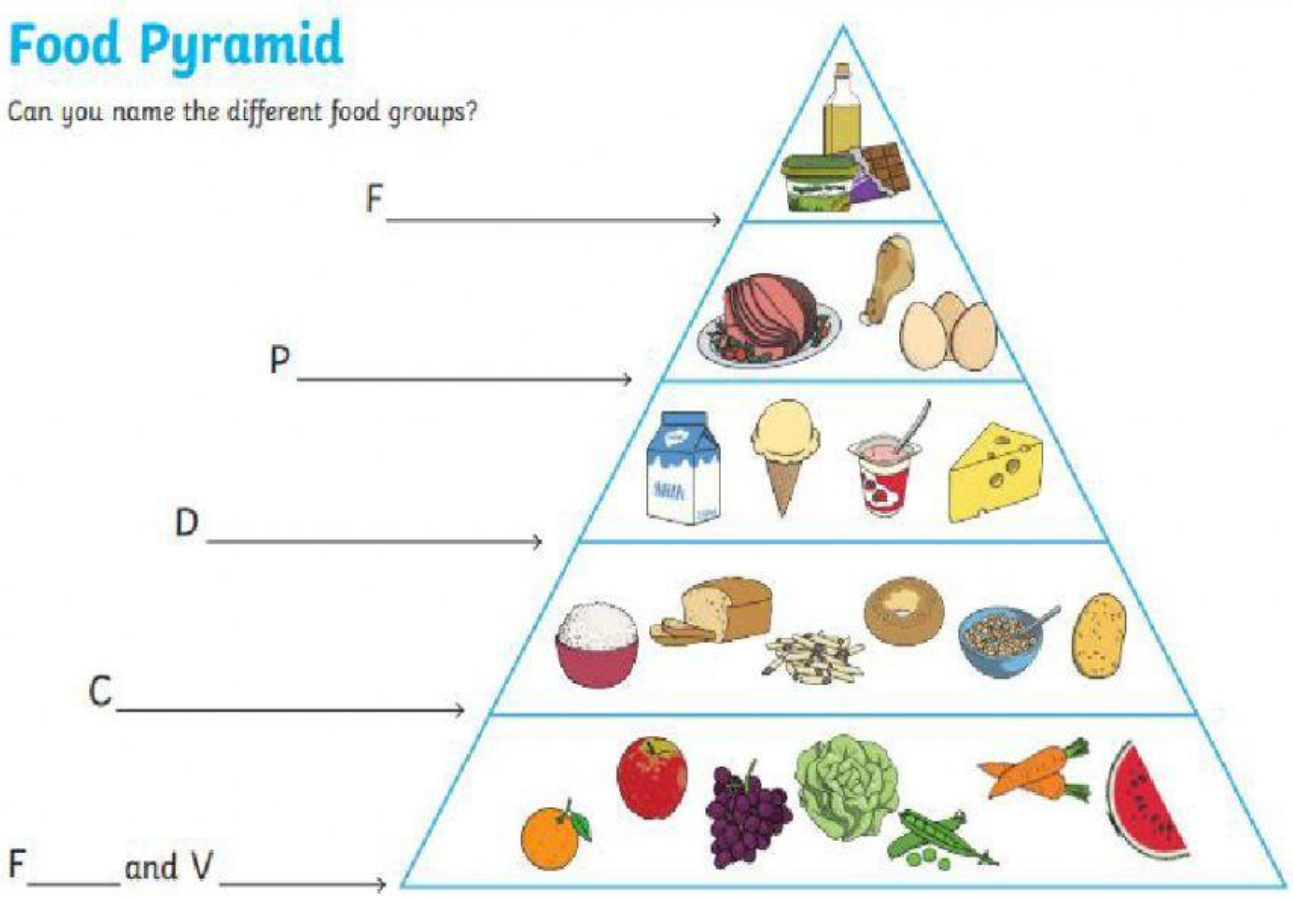
# The Food Pyramid and Watching Our Diet

1. Type the words in the correct spot to label the food pyramid.
**fats** **fruits and vegetables** **proteins** **dairy** **carbohydrate**




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.

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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 | |

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