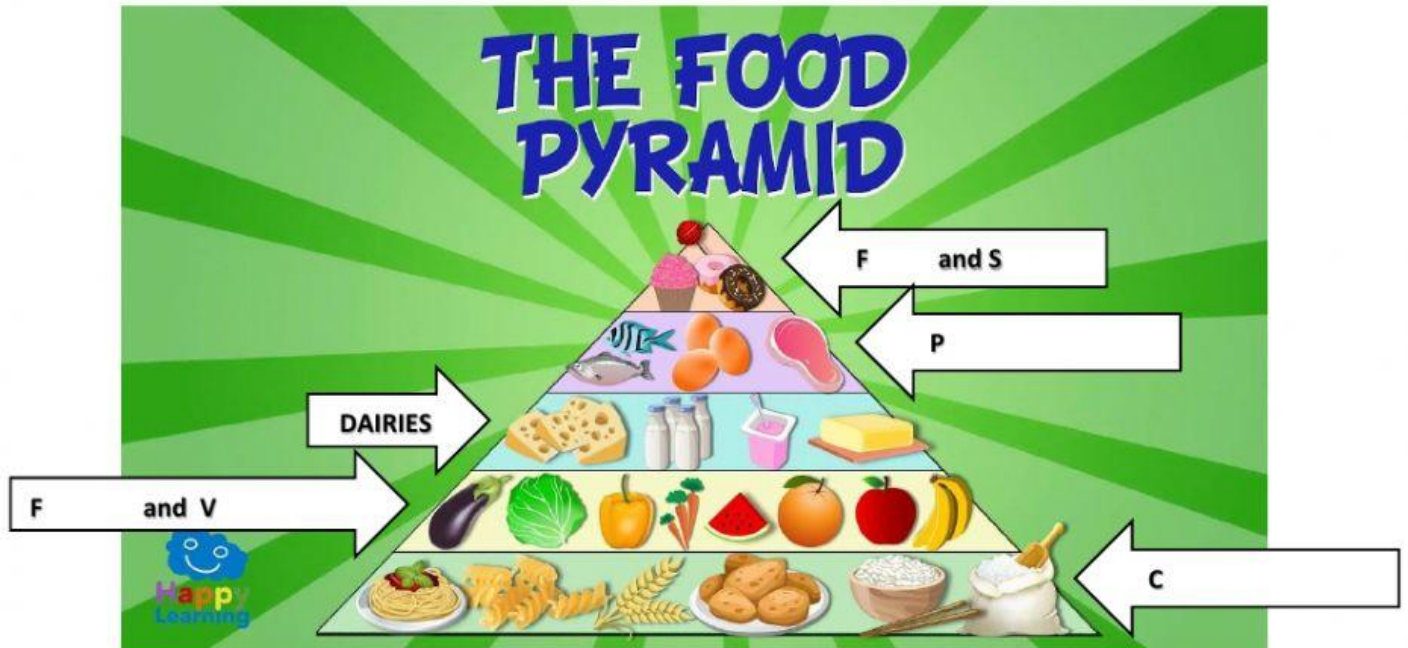


THE FOOD PYRAMID AND BALANCED FOODS

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 _ _ A T _



FL _ _ R

FRUITS AND VEGETABLES



O _ A _ _ E



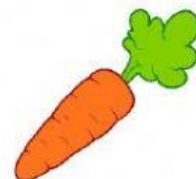
_ P _ L _



EGG
PL _ NT



_ P _ N A _ H



C _ _ R _ T

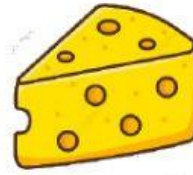
DAIRIES



_ I _ _



B _ T _ _ R



_ H _ _ S _

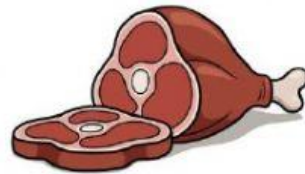
PROTEINS



E _ _



_ I _ _



M E _ _

FATS AND SWEETS



C _ _ K I N _
O I _

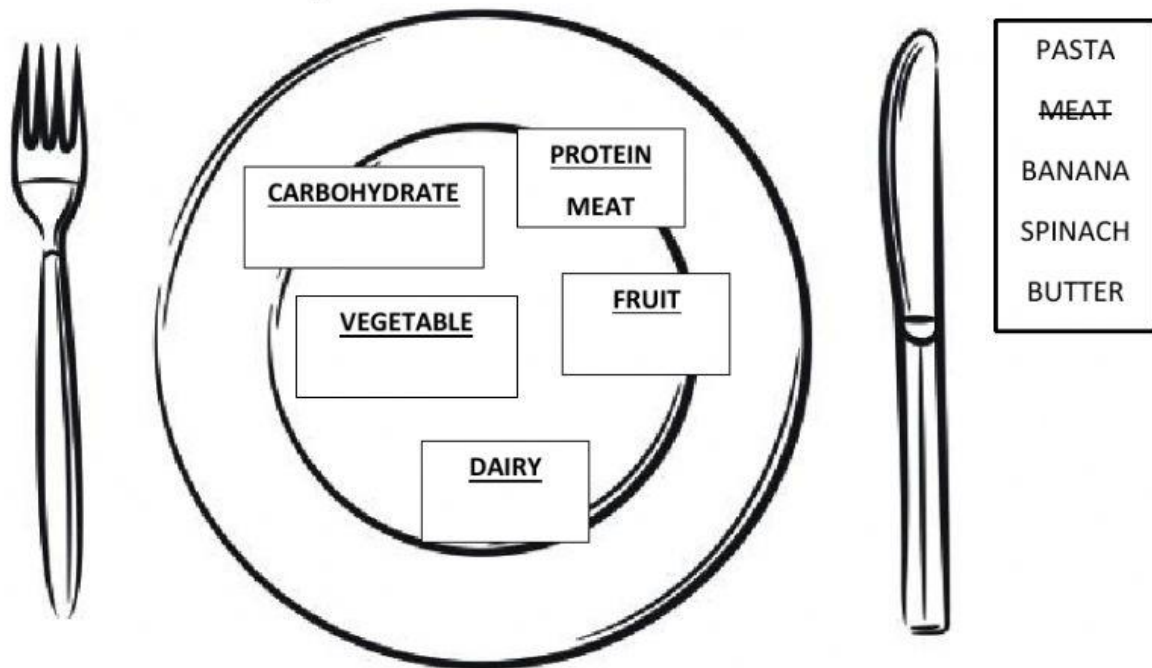


C A _ _ Y



C _ _ E

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



CARBOHYDRATE

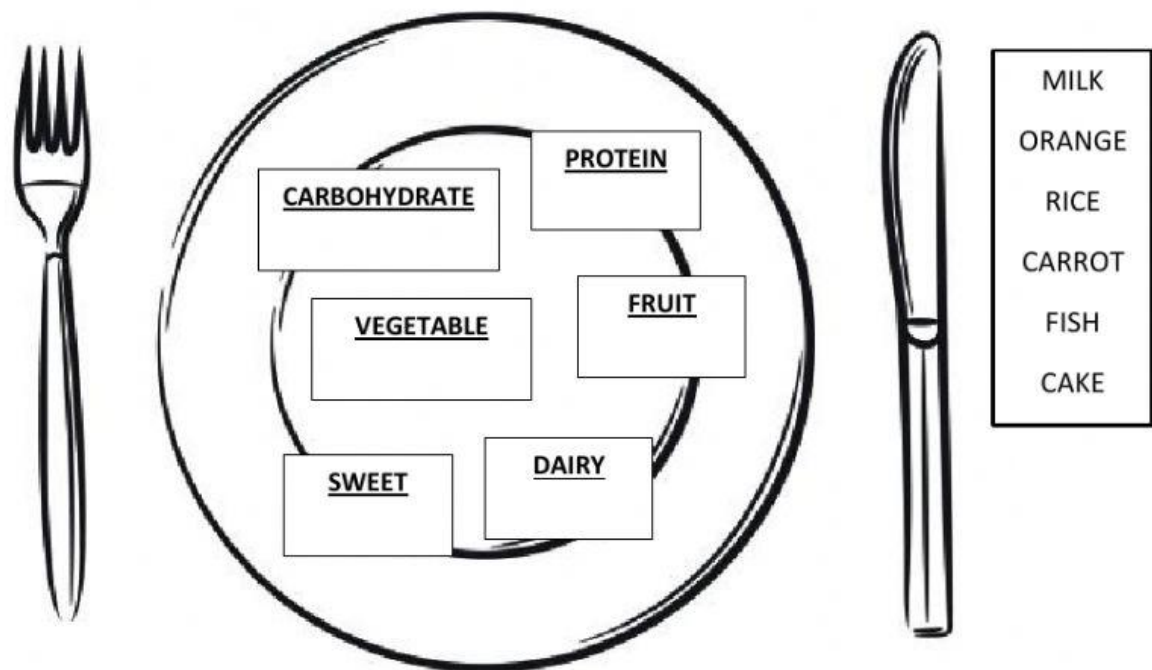
VEGETABLE

DAIRY

FRUIT

PROTEIN
MEAT

PASTA
MEAT
BANANA
SPINACH
BUTTER



CARBOHYDRATE

VEGETABLE

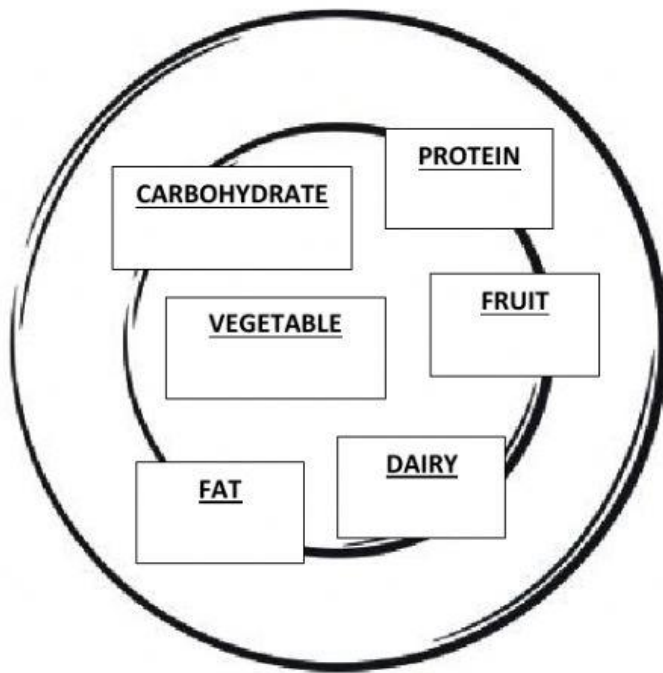
SWEET

DAIRY

FRUIT

PROTEIN

MILK
ORANGE
RICE
CARROT
FISH
CAKE



APPLE
POTATO
CHEESE
CHICKEN
EGG PLANT
OIL