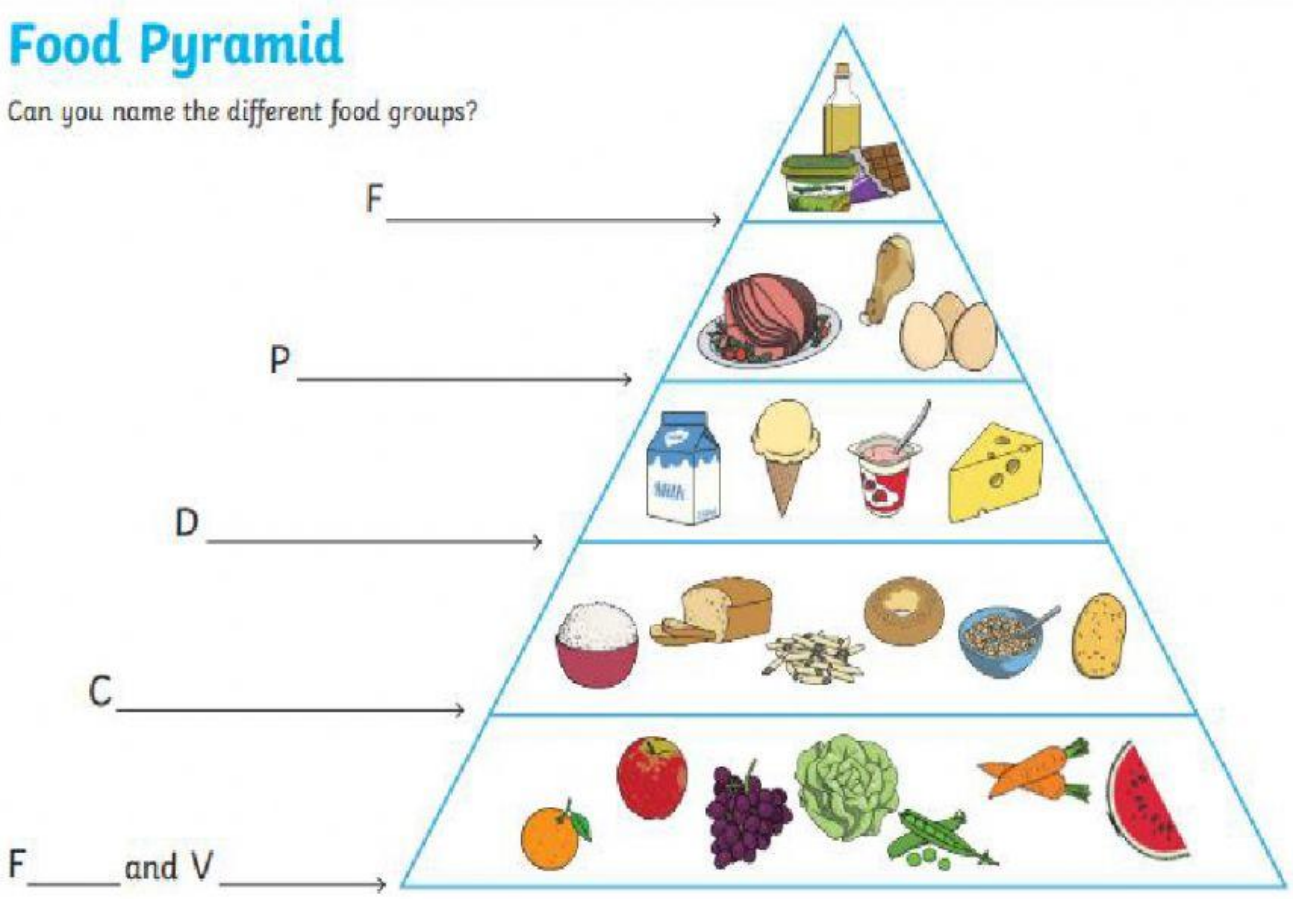
The Food Pyramid and Watching Our Diet

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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