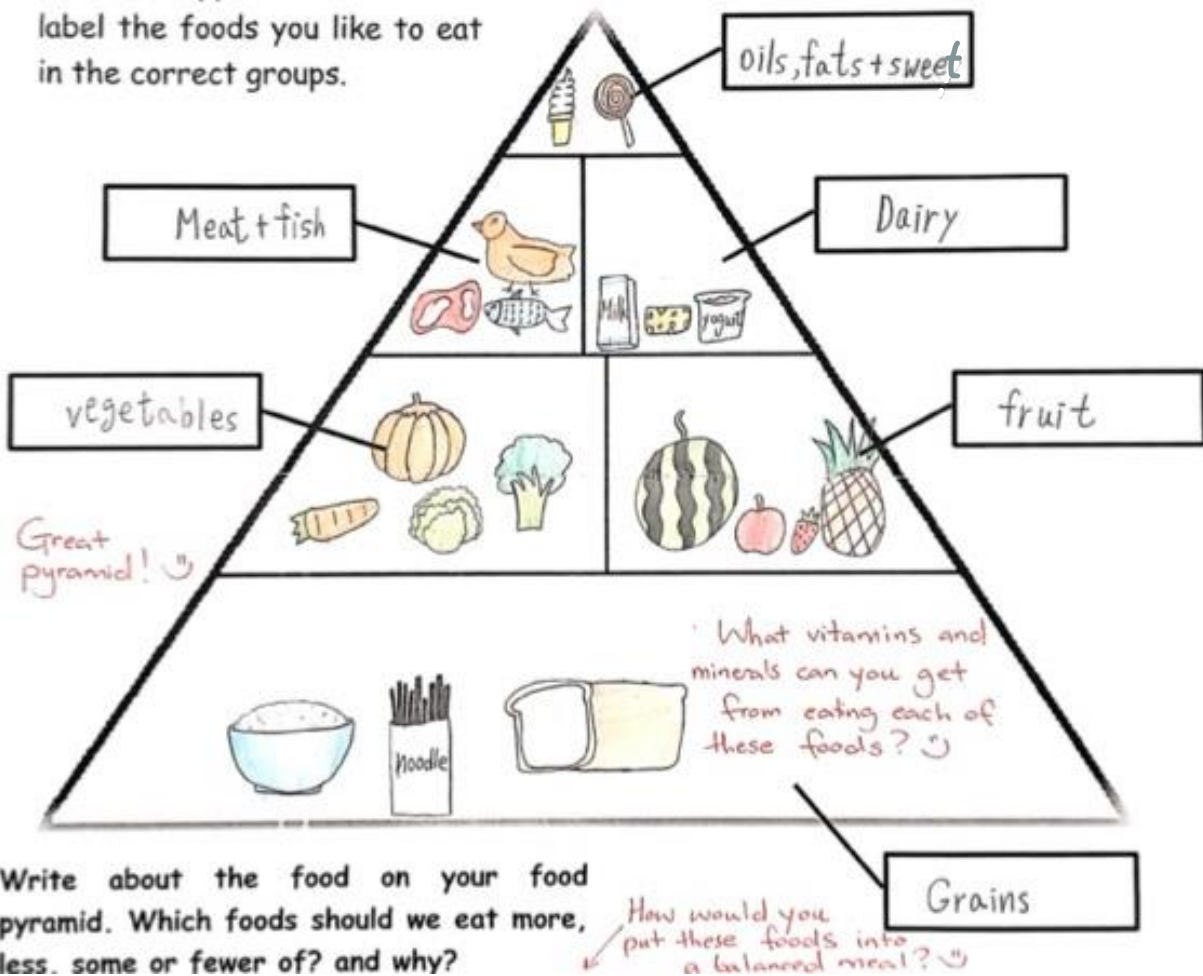




The food pyramid!



Label the food groups on the food pyramid. Draw and label the foods you like to eat in the correct groups.



Write about the food on your food pyramid. Which foods should we eat more, less, some or fewer of? and why?

On my pyramid, I have ice cream, candy, chicken, pork, fish, milk, cheese, yogurt, pumpkin, carrot, broccoli, watermelon, apple, pineapple, strawberry, rice, noodles and bread. We should eat more rice because it is grains. We should drink some milk because it contains calcium. We should eat fewer sweets because it is a lot of sugar! We shouldn't eat a lot of cheese because it is bad for the stomach. We shouldn't eat a lot of cheese because it has fat. We shouldn't eat a lot of pork because it has a lot of fat. However, it also has some good iron and minerals.