

# EXPLORING THE FOOD PYRAMID

COLOR EACH OF  
THE FOOD GROUPS

WE NEED TO EAT  
FOODS FROM ALL THE  
FOOD GROUPS!



WRITE THE NAMES OF THE FOOD GROUPS

Visit [www.ChefSolus.com](http://www.ChefSolus.com)  
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nutrition education games,  
puzzles, activities and more!



The fun way to learn about nutrition.

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