



zenware designs

Directions:
Sort the food at the bottom of the page into the correct food group. Cut and paste.

Food Pyramid

Dairy
Milk, Yogurt, Cheese
(2-3 cups every day)

Fats, Oils, Sweets
Fats are not a food group, but you need some for good health. Get your oils from fish, nuts and liquid oils such as olive oil, apples oil, and canola oil. Limit your sweets.

Meat & Beans
Meat, Poultry, Fish, Dry Beans, Eggs, Nuts
(2 or more every day)

Grains
Bread, Cereal, Rice, & Pasta
48 oz. every day
at least half should be whole grains

Fruits
(2 1/2 cups every day)

Water (8 Servings)

food pyramid sorting activity sheet