



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 seeds. Avoid all fats as much as you can. Approach oil, and choose oil. Limit your sweets.

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

**Vegetables**  
(2 1/2 cups every day)

**Grains**  
Wheat, Corn, Rice, & Rye  
1/2 cup every day  
at least half should be whole grains

**Fruits**  
(1 1/2 cups every day)

**Water (8 Servings)**


food pyramid sorting activity sheet