Name:		Food Guide Pyramid The five food Groups are the building blocks of the Food Guide Pyramid.
My reward for this week:	Place child's picture here	4
	_	

<u> </u>				15			
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grains (6-11 servings)	$\stackrel{\wedge}{\simeq}$						
Fruits (2-4 servings)							
Vegetables (3-5 servings)							
Meats & Proteins (2-3 servings)		8					
Dairy (2-3 servings)							
Water (2-3 servings, depends on age)							

Healthy Eating Kid's Chart www.defrumpme.com