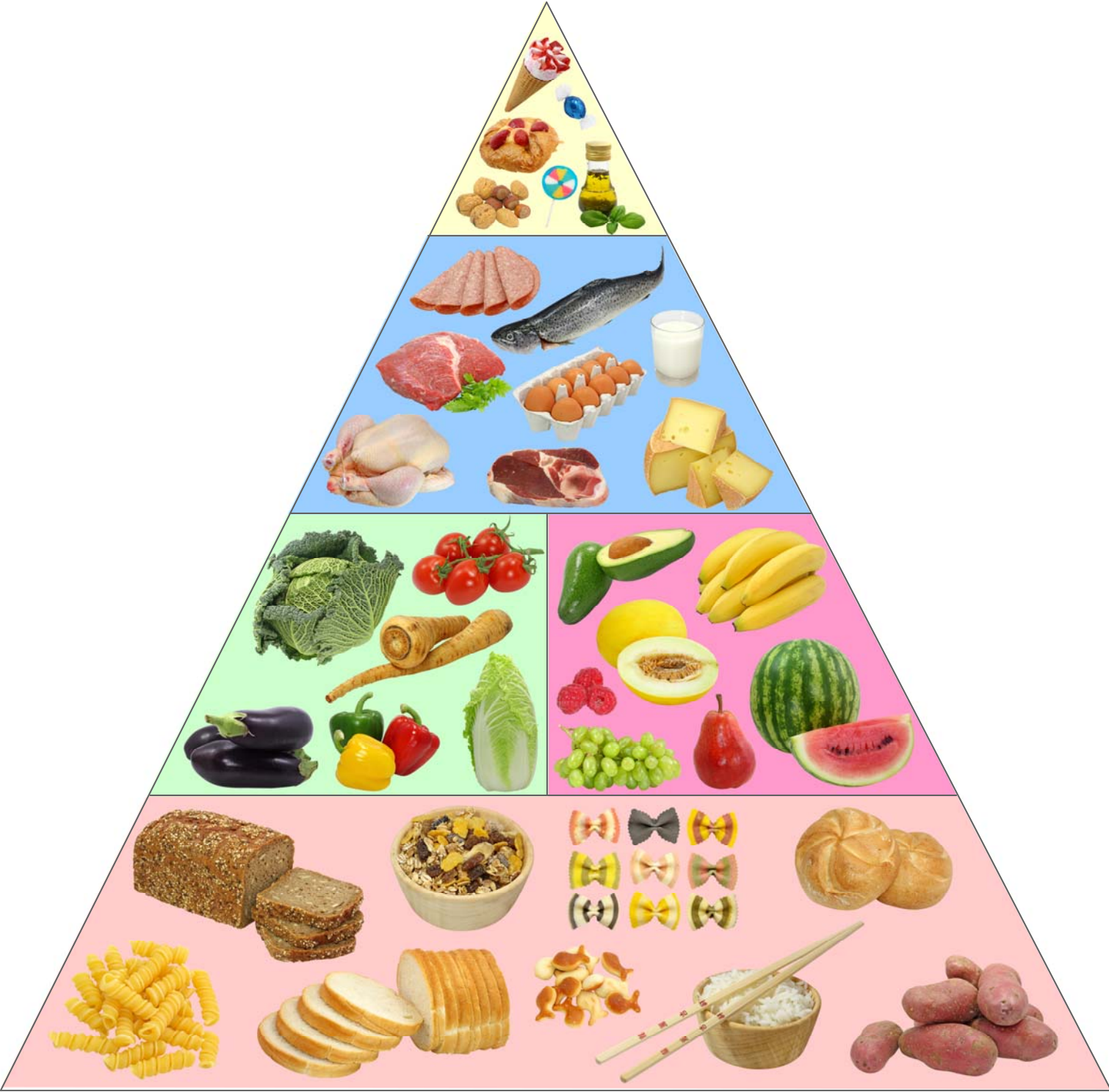
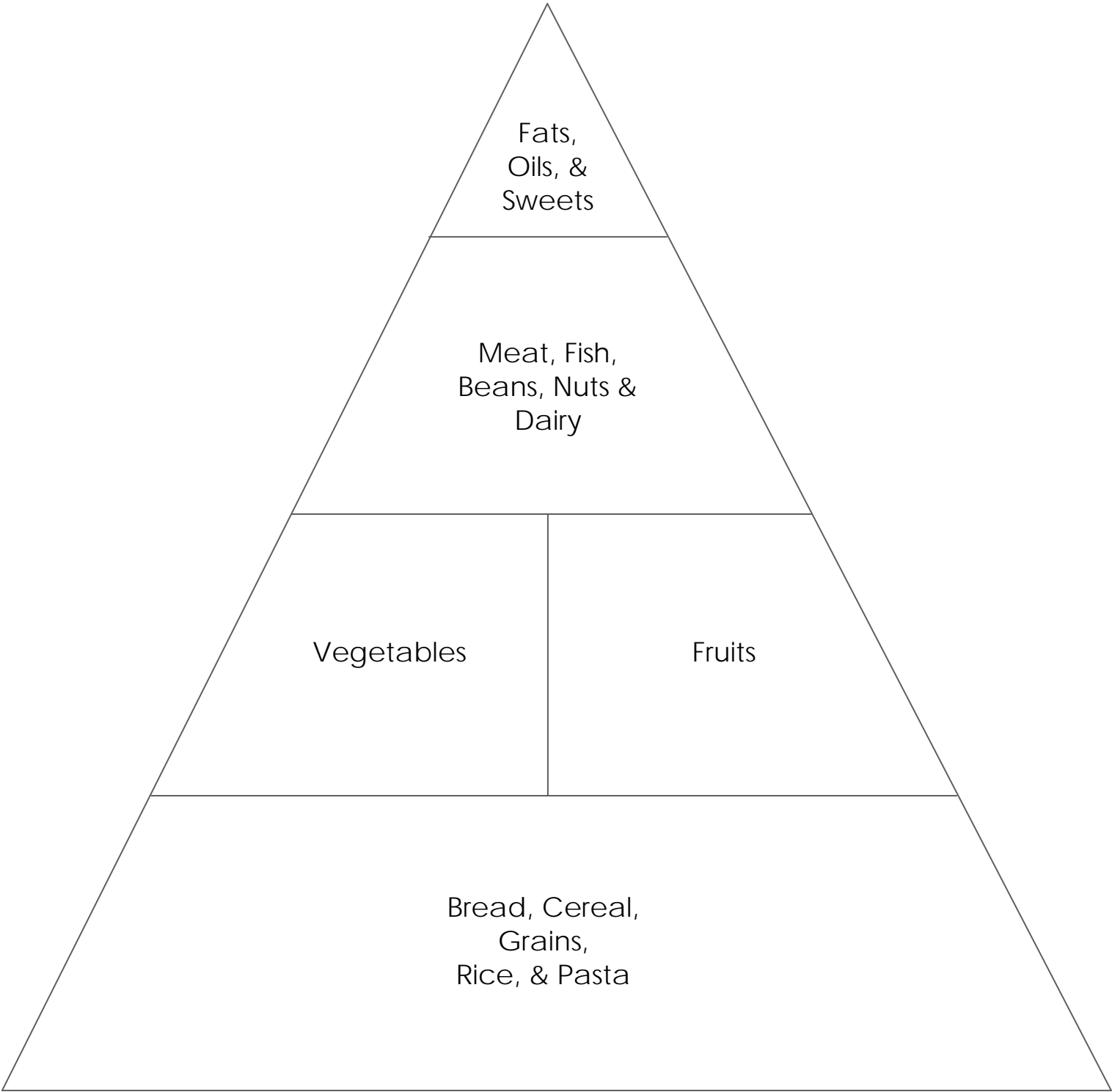
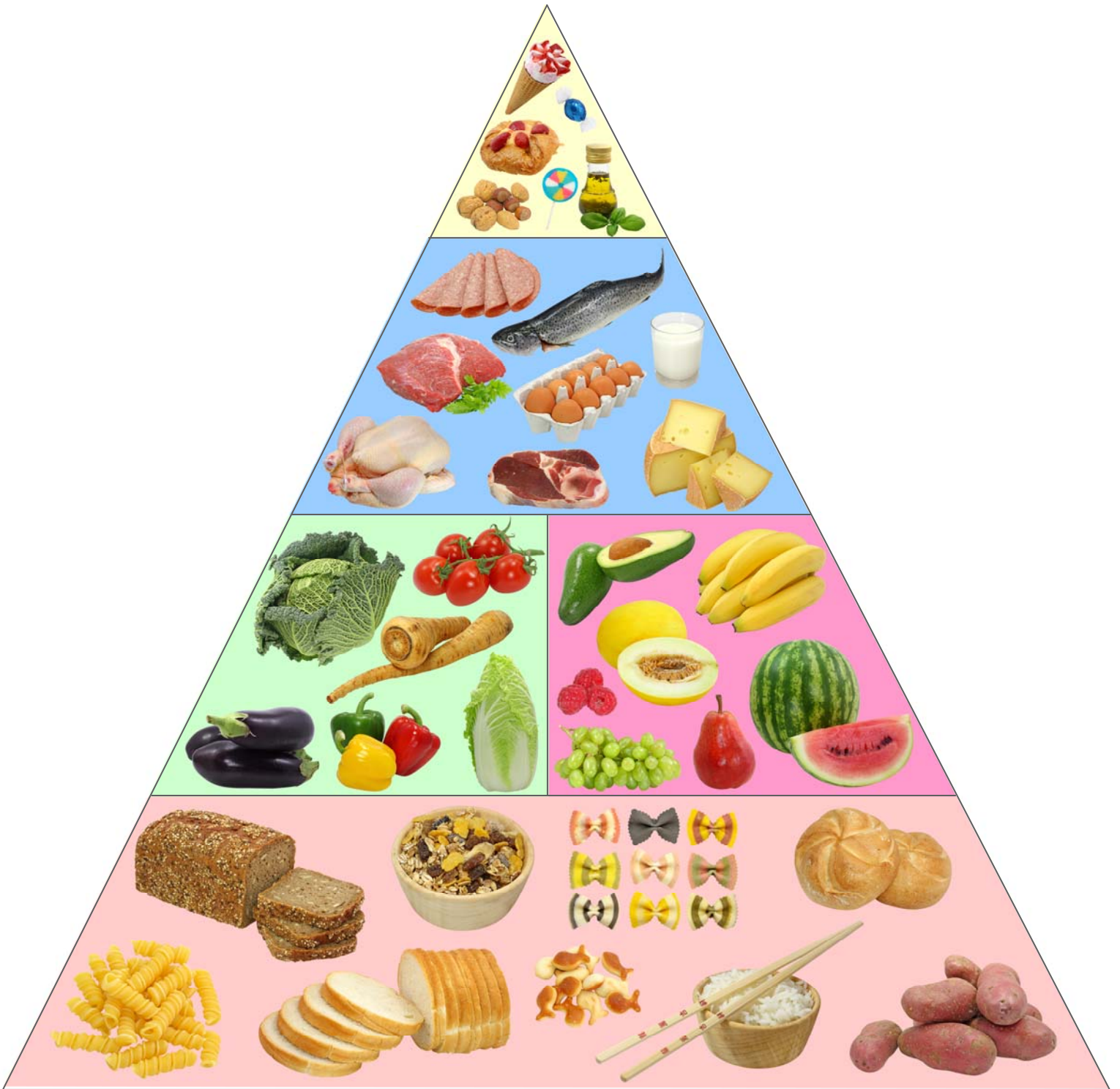


# The Food Pyramid



# The Food Pyramid





Fats, Oils, & Sweets



Meat & Dairy



Vegetables



Fruits



Breads & Grains



The Food Pyramid	Fats, Oils, & Sweets
Meat, Fish, Beans, Nuts, & Dairy	Vegetables
Fruits	Breads, Cereal, Grains, Rice & Pasta

Instructions: print on cardstock and laminate.

**For the Food Pyramid:**

Keep the first two pages (control chart & blank chart) whole. Cut out the pyramid on the third page along the gray lines. You should have 5 different sections.

Have the child read the names of the different sections (or you can read them) and then match the sections to the right names on the blank chart.

**For the Food Pyramid Sorting Cards:**

Cut out the labels on this page, and then cut apart the squares on page 4. Put each label at the top of a rug or table and let the children match the foods under the correct heading. There are literally hundreds of foods in each category, so I simply chose a few common ones so that they could get a good idea of how the foods are grouped.

A child who shows a lot of interest in the food pyramid could draw pictures of other foods, or cut pictures out of old magazines to go in each category.

**Some more information:**

This food pyramid is indeed an helpful update from the days of the square with four equal sections; by using a pyramid, it's easy to see which foods should be eaten more frequently and which should be eaten less.

However, there's even been another update since this one. There's now a website called [mypyramid.gov](http://mypyramid.gov), which lets you design your own food pyramid based on your age, nutritional requirements, and other info. There's a section for kids, so kids might enjoy going there and creating their own.

Still, I think this one has value. Even if you don't live in the United States, where the concept of the Food Pyramid originated, it's still good for kids to think about foods and realize that they are not all nutritionally equal. Some are better for you than others. Encourage kids to make healthy choices when dining out or choosing snacks.