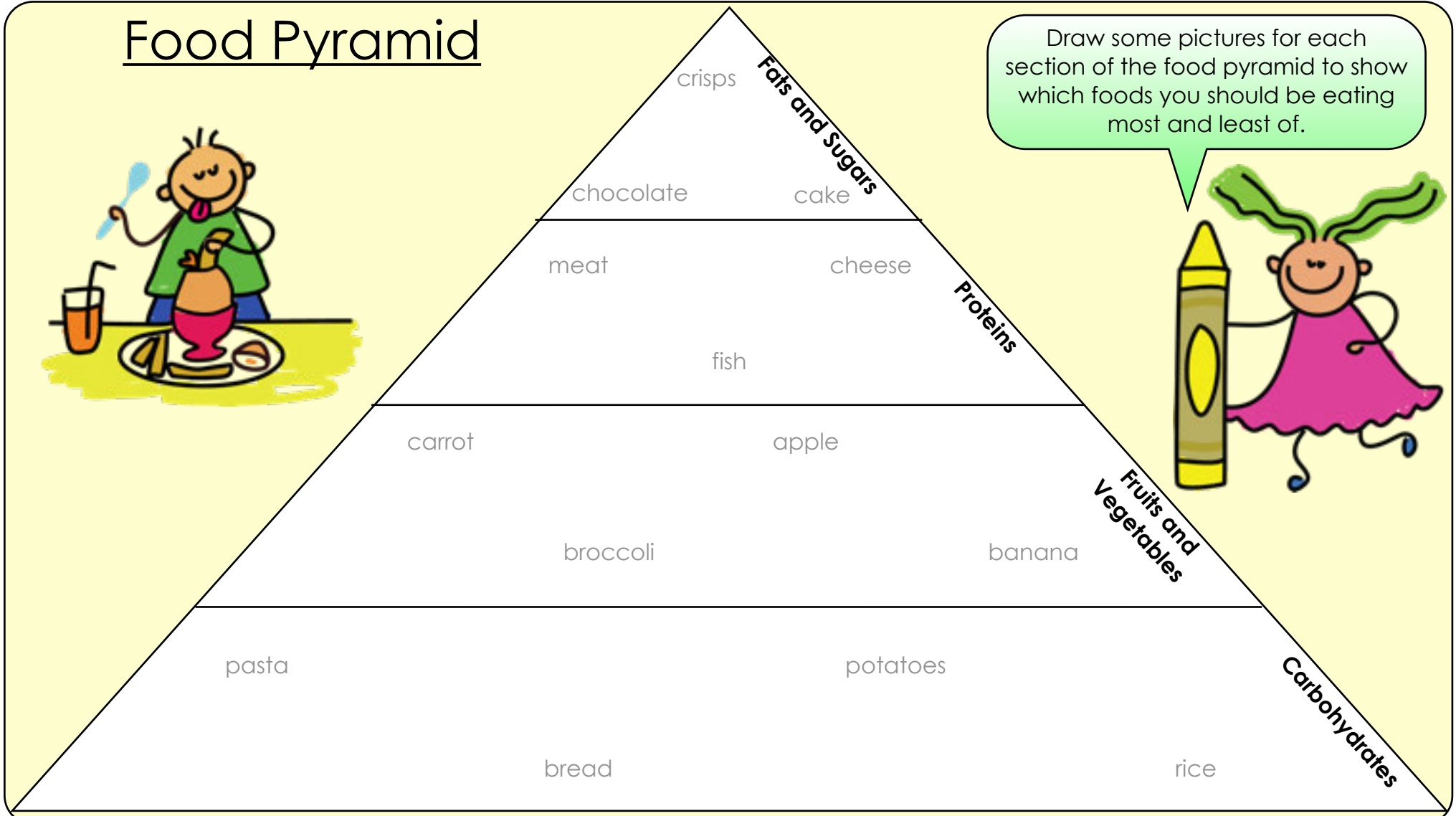


Name: _____ Date: _____

Food Pyramid



Draw some pictures for each section of the food pyramid to show which foods you should be eating most and least of.



Name: _____

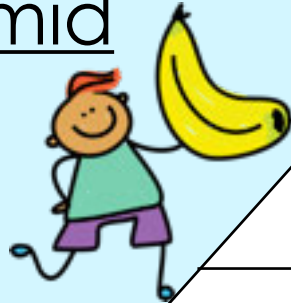
Date: _____

Food Pyramid

Use the words below to fill in the food pyramid to show which foods we should eat most and least of.

apple

chocolate



chicken

banana

milk

ham

pasta

broccoli

bread

beef

crisps



sweets

tuna

nuts

Fats and Sugars



Proteins

spaghetti

carrot

potato

cheese

tomato

strawberry

steak

cake

yogurt

eggs

Fruits and Vegetables



rice

cucumber

noodles

Carbohydrates

Name: _____ Date: _____

Can you create a healthy, balanced meal for each of these people? Write down what you would serve each person and make sure you include the correct proportion of each food group.

This is Tim. He is a vegetarian.



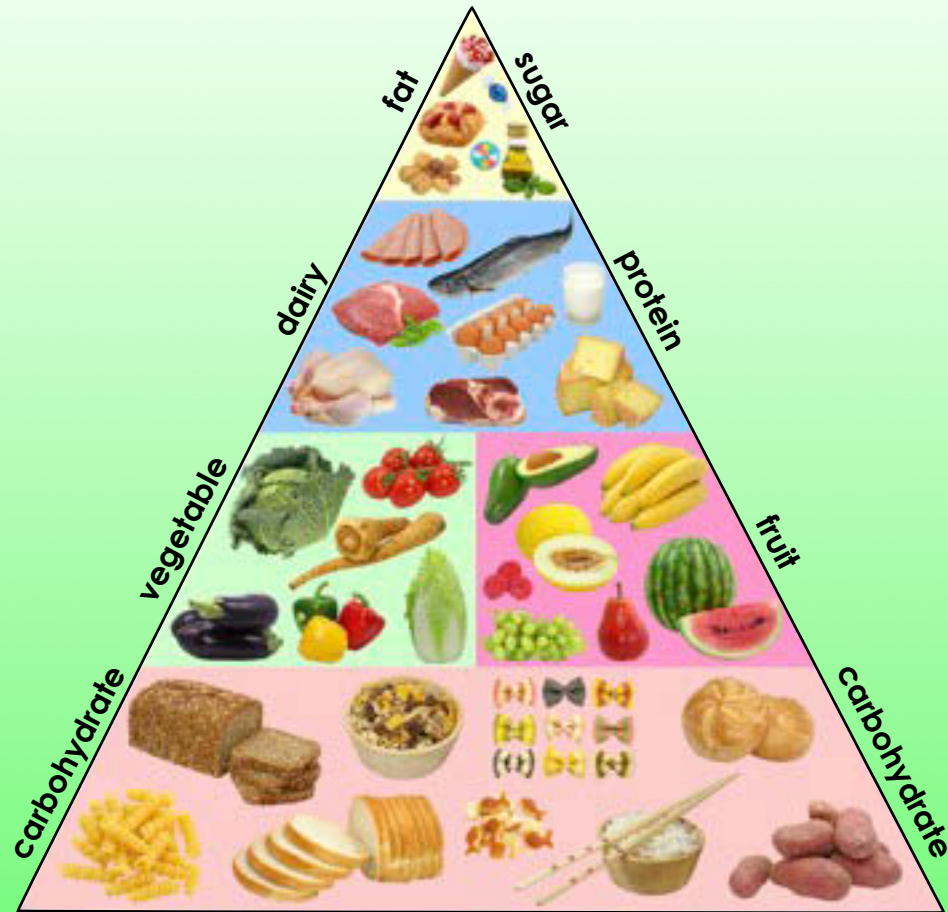
This is Celia. She cannot eat wheat.



This is Luke. He cannot eat dairy products.



Food Pyramid



Food Pyramid

