

## Food Pyramid Cut and Glue Worksheet

Cut out the foods and labels on page 2. Paste the food pictures into their appropriate category on the food pyramid on page 3.

For younger children show them first where each item goes.

For older children you can also teach them about servings and how many portions per day they should be having.

A completed food group is on page four for you or your child's reference.

This worksheet was created for you for personal non profit use by  
<http://funwithmama.blogspot.com>

Grains

Vegetables

Fruits



Dairy

Meat

Others



Optional:

Servings:

6-11 Servings

3-5 servings

2-4 servings

2-3 servings

2-3 Servings

Use Sparingly

(bread, cereal,  
rice, pasta)

(milk, yogurt  
& cheese)

(poultry, fish,  
dry beans, eggs,  
& nuts)

(fats, oils , sweets)



