



# The Food Pyramid

The food pyramid represents how much of each food type we need in healthy balanced diet.

1. Label each level of the pyramid.

Choose from the following:

- Carbohydrates
- Protein and dairy
- Fruit and vegetables
- Added fat and sugar

2. Draw examples of each food type in each level.

3. What is each food type used for by the body?

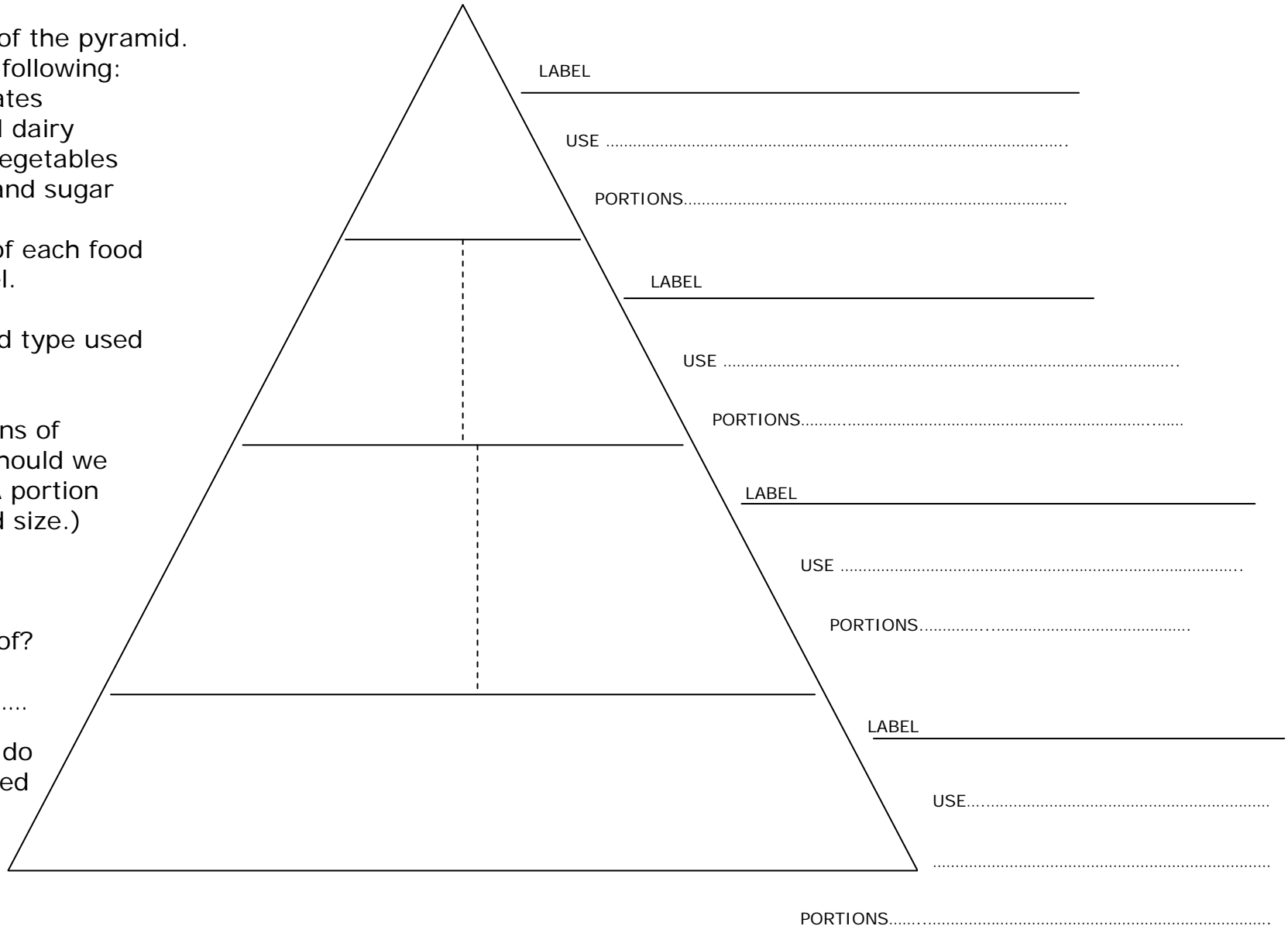
4. How many portions of each food type should we eat everyday? (A portion is a palm of hand size.)

5. Which food type do you think you need to eat less of?

.....

6. Which food type do you think you need to eat more of?

.....



PORTIONS.....