

Name: _____

Date

T: complete a food pyramid

1. Label the sections of the pyramid as carbohydrates, proteins, dairy, fruit, vegetables, fats and sugars.
2. Cut out the pictures of the food and stick them on the pyramid in the right place.
3. Colour in the food pyramid and complete the key to show what each colour stands for.

Key

= 0 to 1 serving

= 2 to 3 servings

= 3 to 5 servings

= 5 to 8 servings

= 6 to 11 servings

