

Instructions

Let's learn about the food pyramid! Color the food pyramid and answer the questions below.

Food Pyramid Coloring Activity

Color each section of the food pyramid according to the food groups it represents:

- (bottom section - largest) - (next section up) - (middle section) - (next section up) - (top section - smallest)

Questions About the Food Pyramid

1. What is your favorite fruit or vegetable?

2. What does the food pyramid teach us about?

3. Match the food to its group:

Apples - Pizza - Broccoli - Milk -

4. Why is it important to eat a rainbow of colors?