

MyPyramid Fun



The amount of food you should eat depends on your age, gender, and physical activity. For many people, the amount of food they need each day is about:

Grains:

Vegetables:

Fruits:

Milk:

Meat and Beans:

Find each of the following words hidden in the box below. Circle each word and then write the name of the Food group in which it can be found.

Banana _____

Pancake _____

Yogurt _____

Almonds _____

Squash _____

Cheese _____

Fish _____

Oatmeal _____

DFPANCAKETYHBWQOPIYPPFWITS O
TISVXLMQTRCELERARY OTIBPZCAT
APNJDSIMSROMBXVRILGEWBXOPS
LMSRDFKLJSQUASHIYAUOTSZMB
MSYOPQAKARROTSVFHIRSWVPLKX
OFGJKQTUXZJENNYLVOTTHPEFBH
NSFICTIKUQAWNBCXIPLMMXAREI
DIMBUHZYMHGKPWEFISHNMQAWL
SOFPBROXCAMHDCTYUPMIKHPBX E
SERGJULC BZAETPUQBZTBANANAI
UCGEYZBVOLATENCOFFESQMIBT O
CPXBREACWLMYREHNJELIOQXNBV
YWILLMNUQANBV ESWOMBVXYDFG
GIPSZCDFELPT DO EGKRSIRPNJHSE
AMTYWXDFTOIE XSUNHGWRYPZVB
FRYUOMJSFHWE O EHC FZOATMEAL

