Food Pyramid Quiz

Directions:

- In each section of the pyramid, write the number of servings needed for that group.
- Classify each of the foods listed by writing it in the correct section of the pyramid.

Fats and Sweets

Milk and Dairy

Meat and Protein

Vegetable Group

Fruit Group

Bread and Cereal Group

Foods

bananas broccoli butter carrots cheese chicken cake dried beans fish eggs

grapes

oranges potatoes pasta steak rice rolls yogurt

oatmeal.

Food Guide Pyramid Lesson Plans Middle School

Mark Steyvers

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