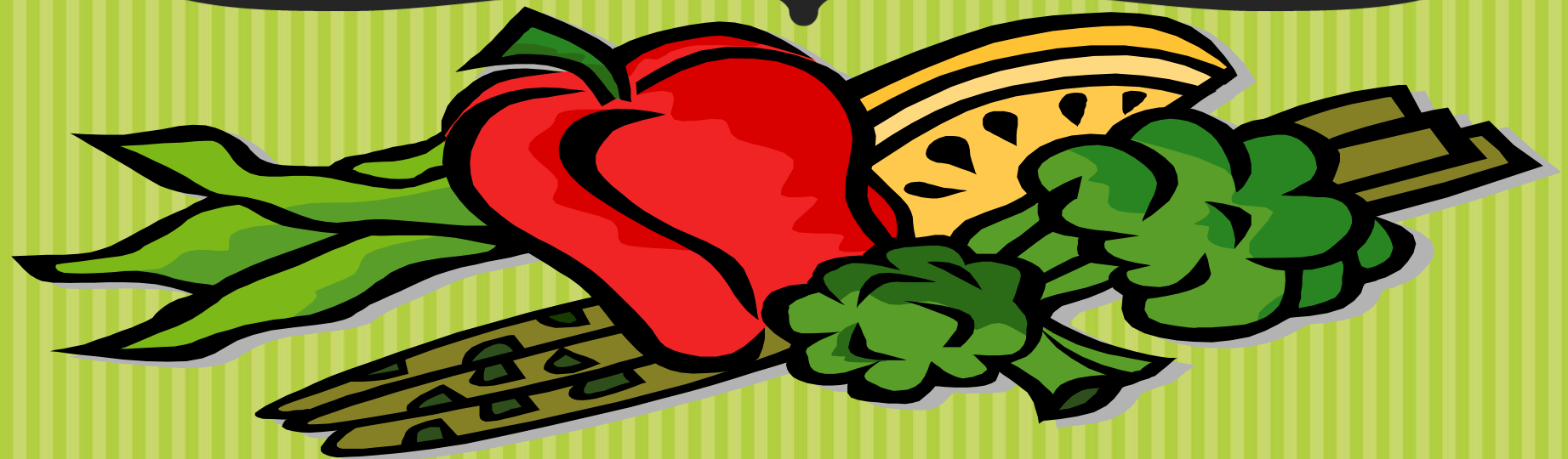


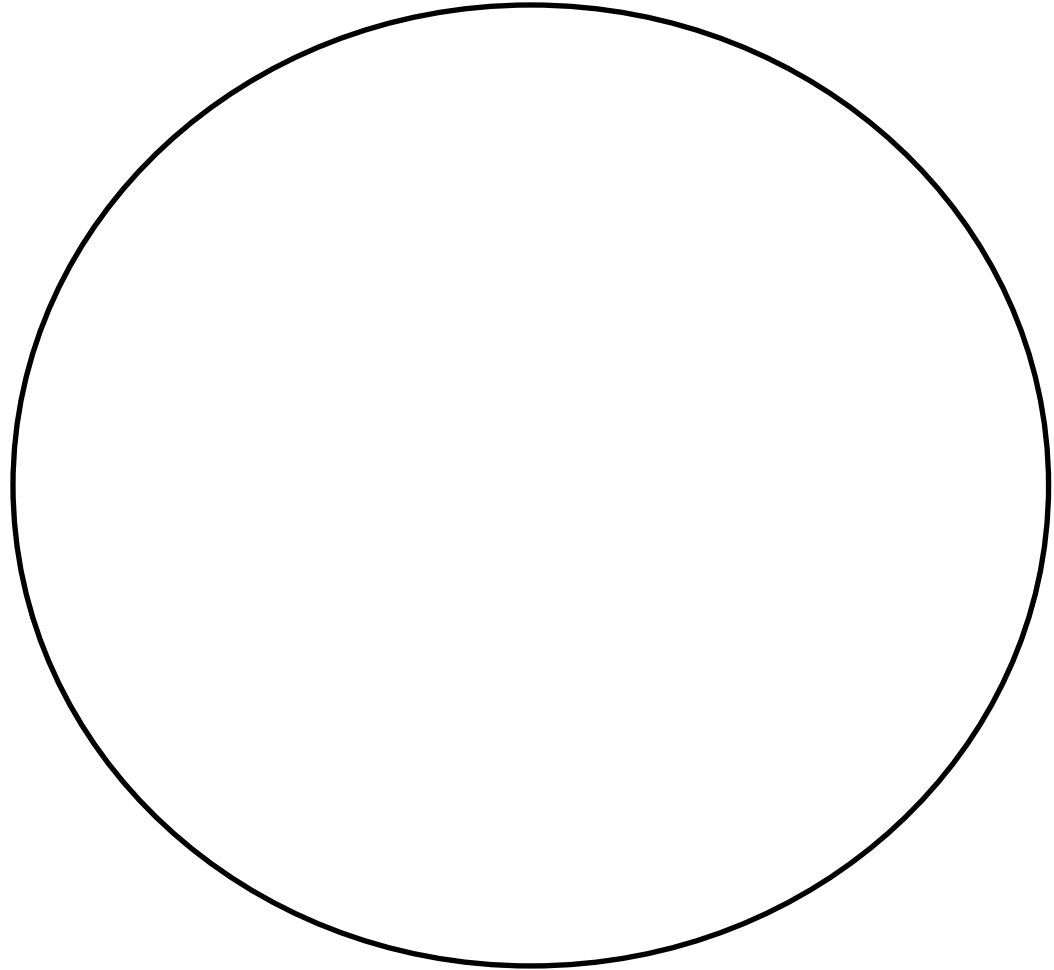
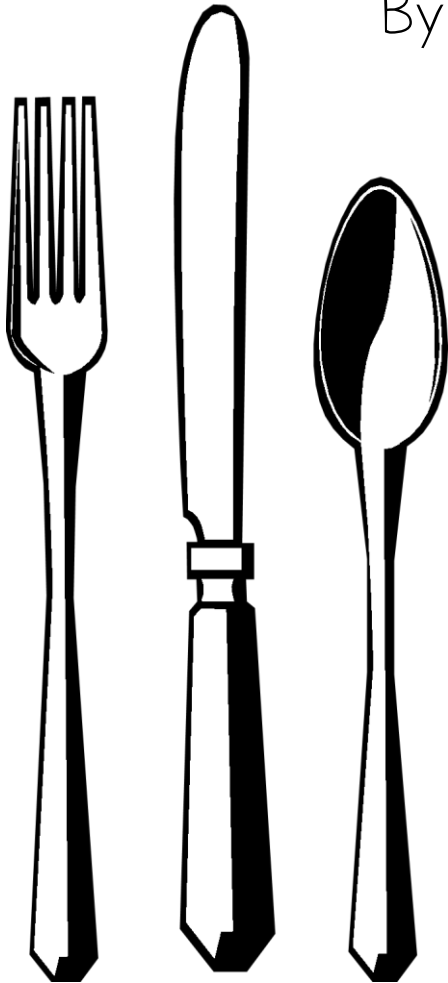
Food Pyramid & Food Nutrition

Activities for Whole Group, Small Group, and Centers



A Healthy Breakfast

By: _____

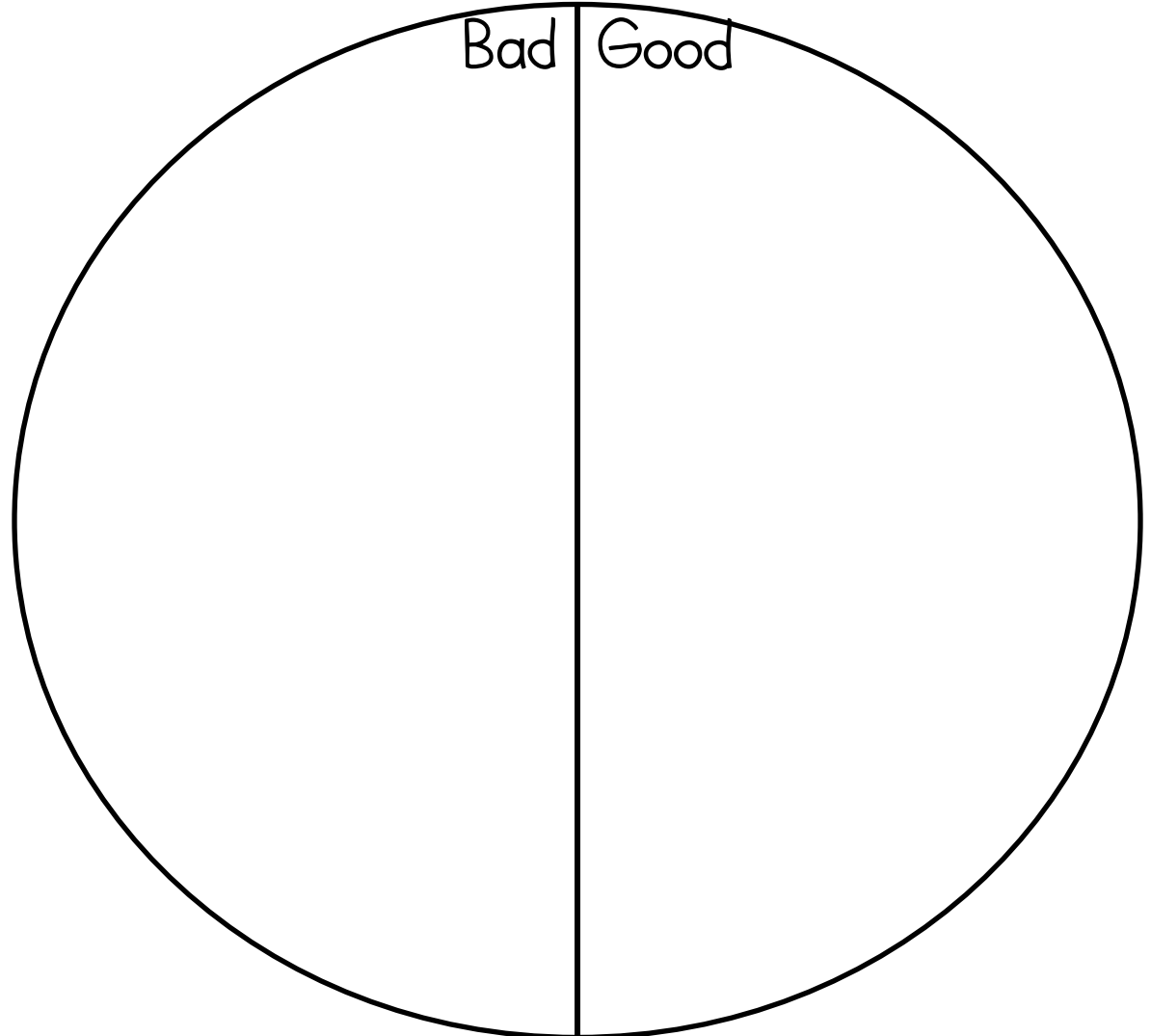
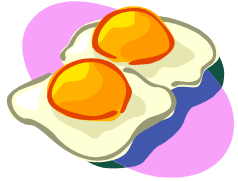


A healthy breakfast is _____

A Healthy Breakfast

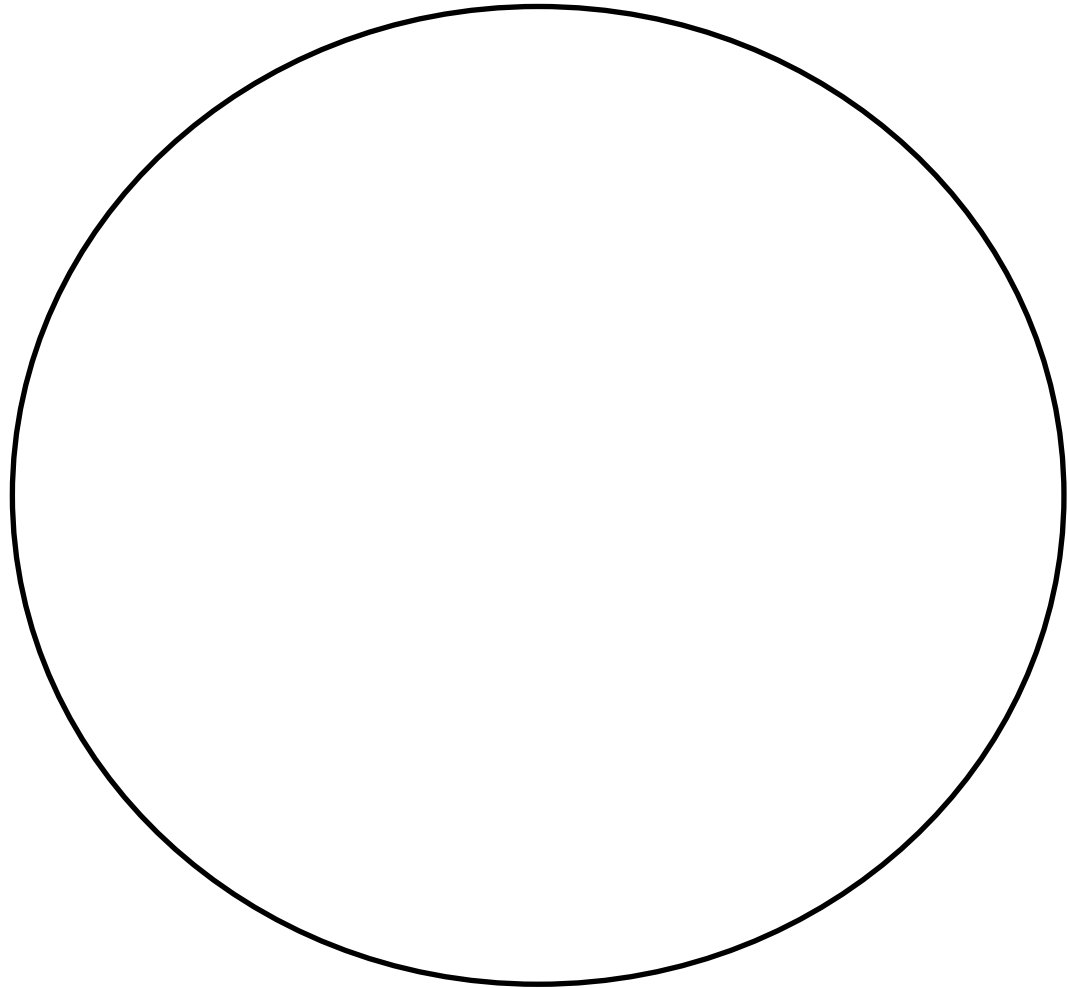
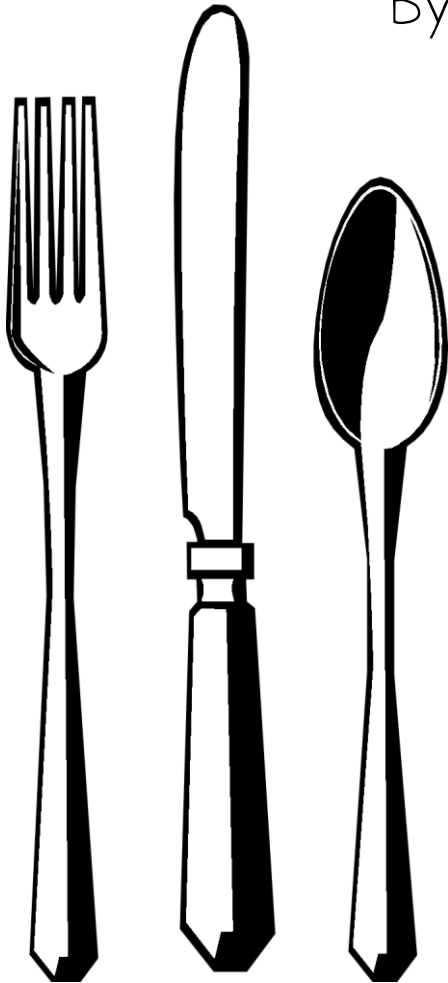
By: _____

Directions: Cut out pictures and glue on the correct side of the plate.



A Healthy Lunch

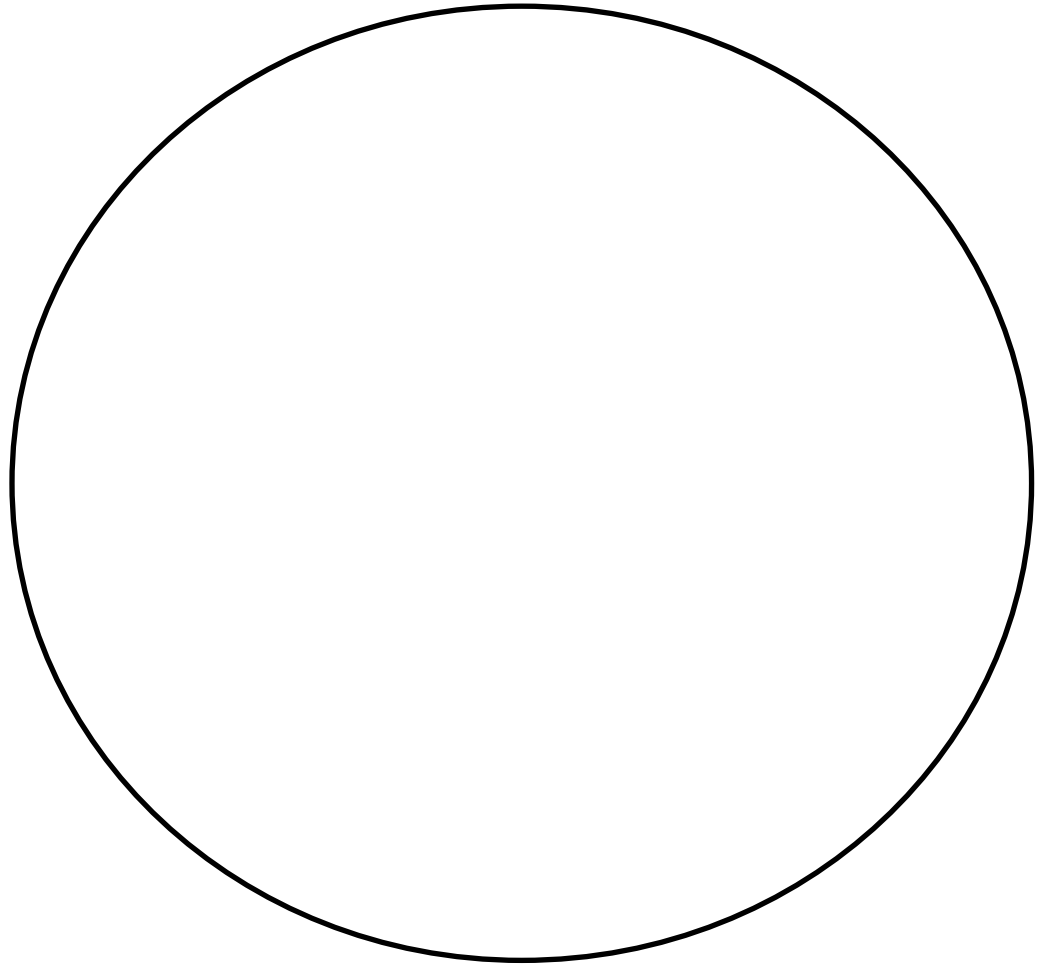
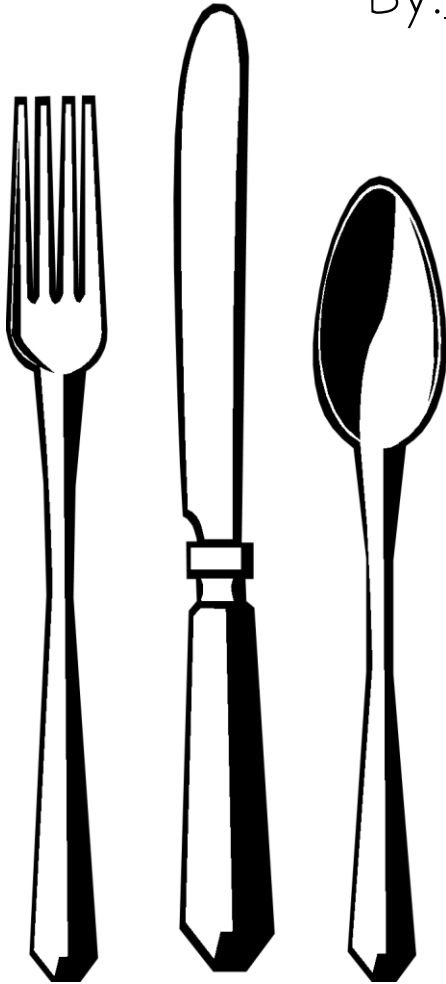
By: _____



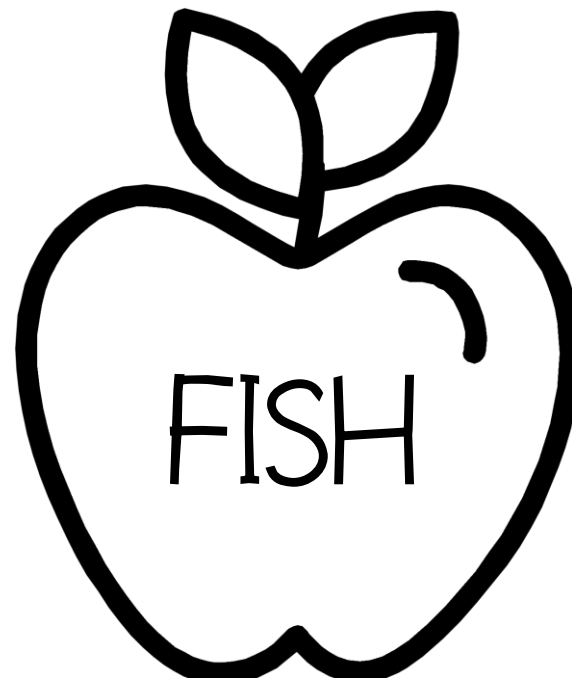
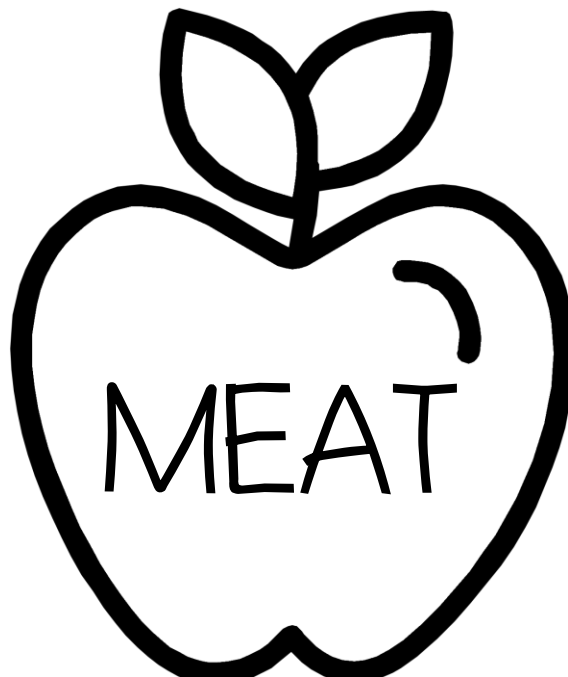
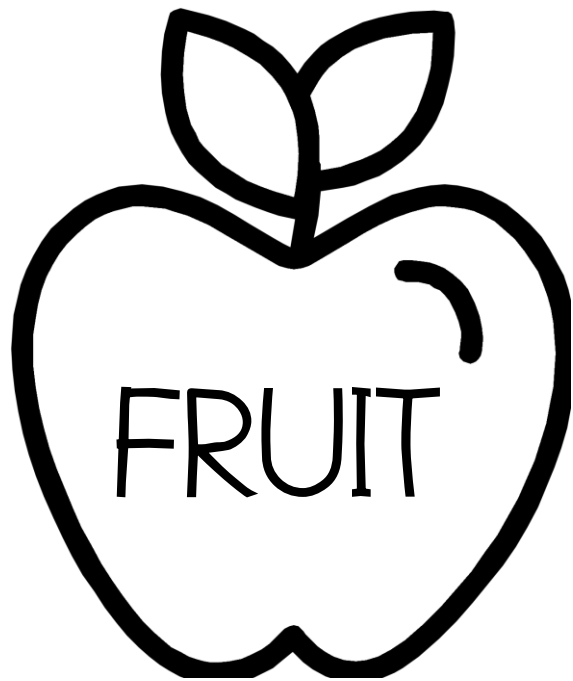
A healthy lunch is _____

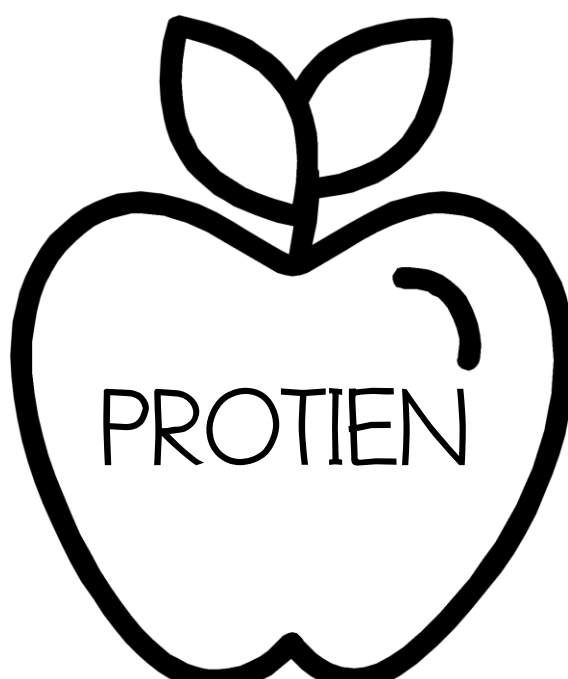
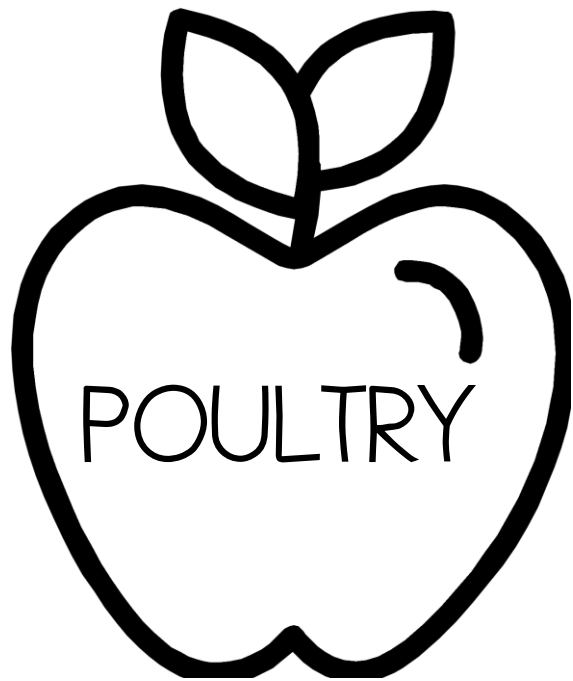
A Healthy Dinner

By: _____



A healthy dinner is _____





Name _____ Apple ABC Order

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

A B C D E

F G H I J K

L M N O P

Q R S T U

V W X Y Z

Color the Plate

By: _____

Directions: Color the plate the colors in the color code. Draw 3 items you could put in that category.

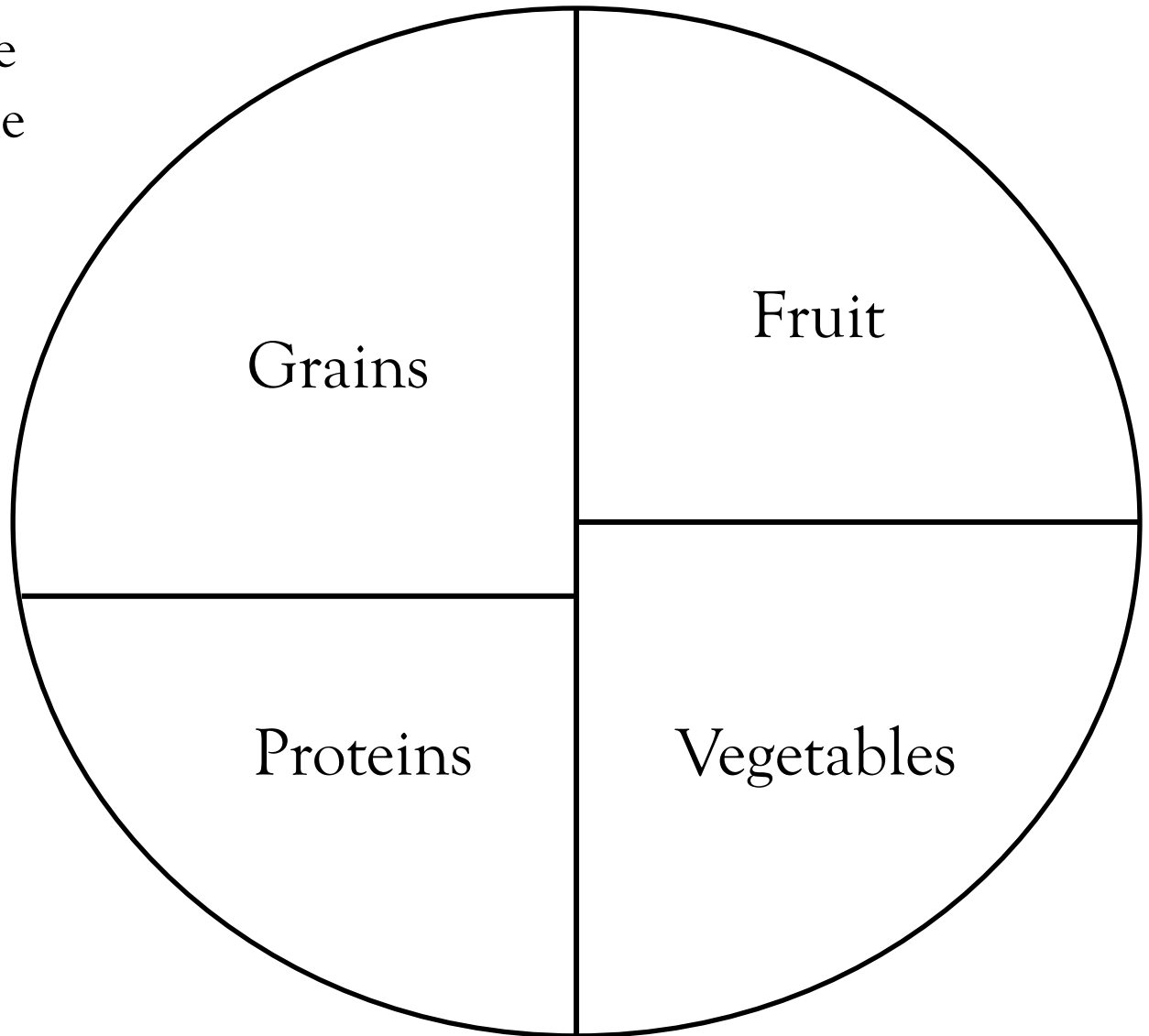
Color Code

Fruit - Red

Vegetables - Green

Grains - Brown

Proteins - Purple



Color the Pyramid

By: _____

Directions: Color the pyramid the colors in the color code.

Color Code

Fats/Oils - Yellow

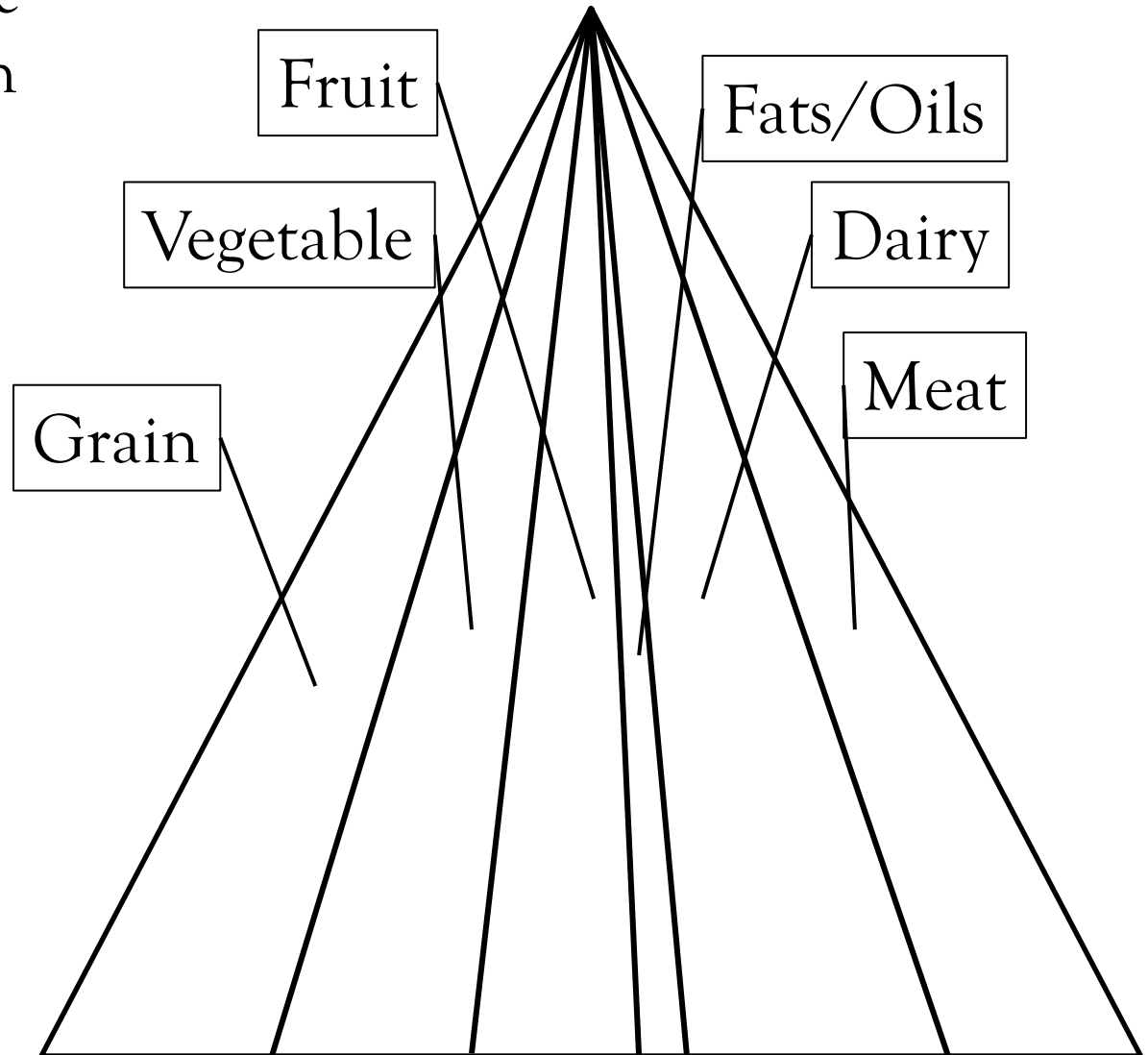
Meat - Purple

Dairy - Blue

Fruit - Red

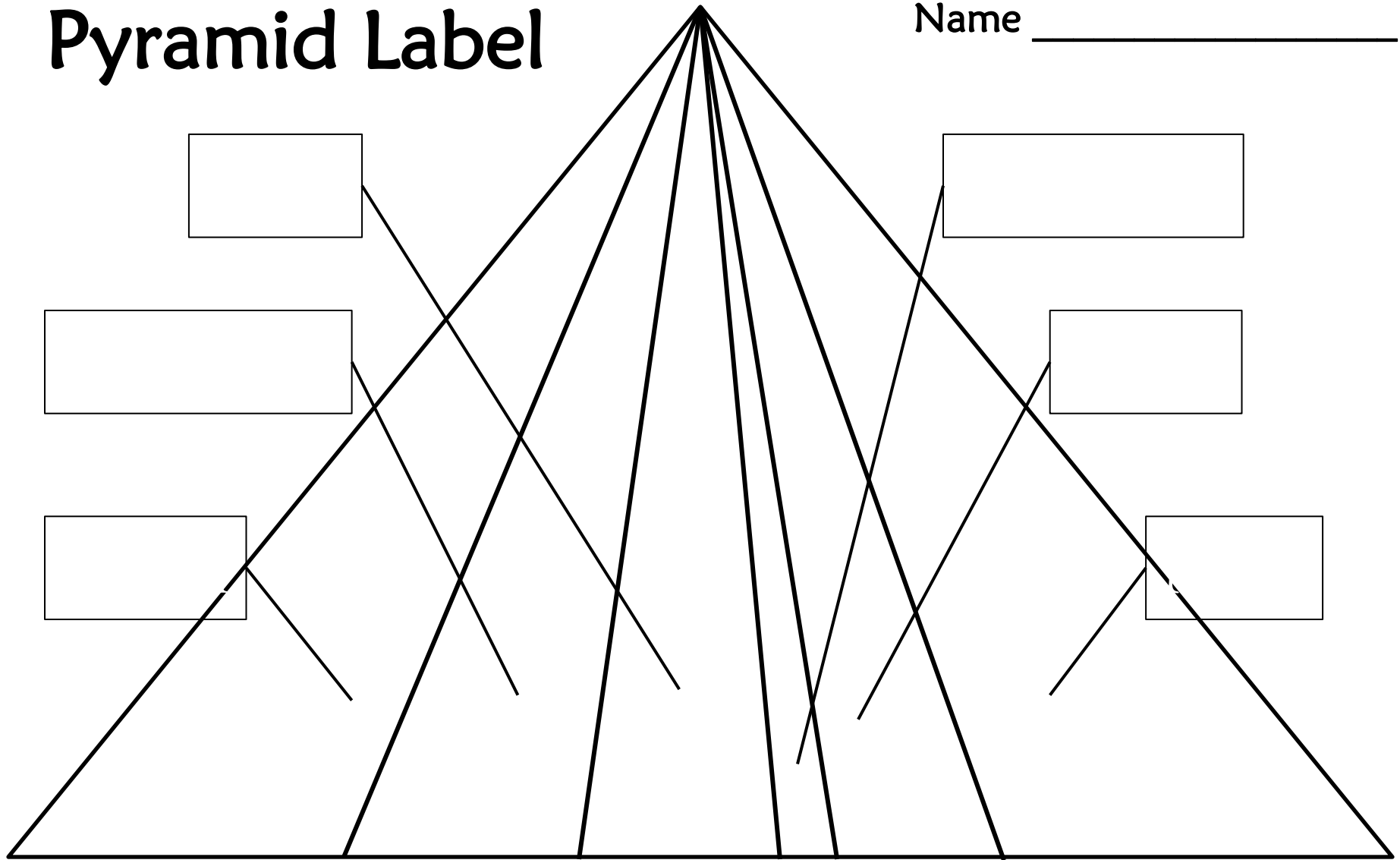
Vegetable - Green

Grain - Brown



Pyramid Label

Name _____



Vegetable

Grain

Meat

Fats/Oils

Fruit

Dairy

Name _____

Food Group Sort

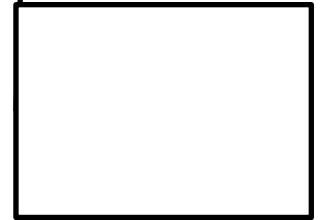
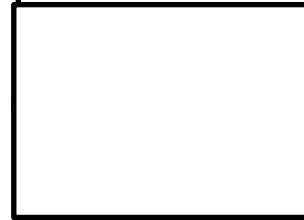
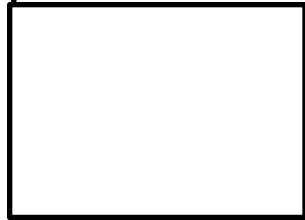
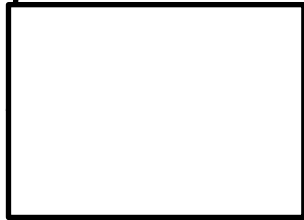
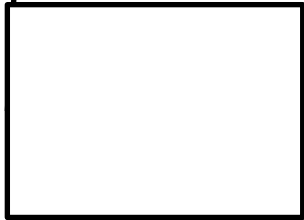
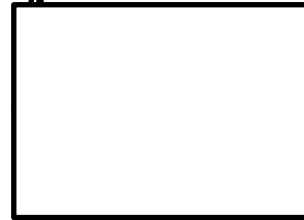
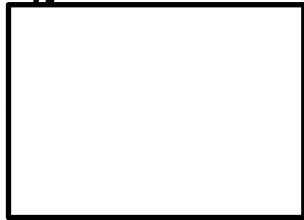
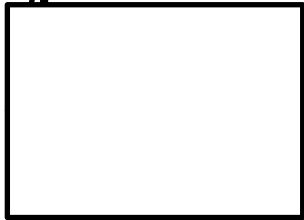
Fruit

Vegetable

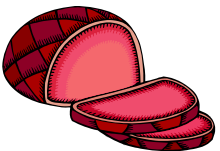
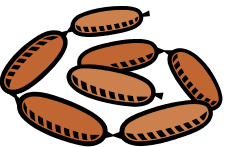
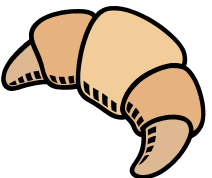
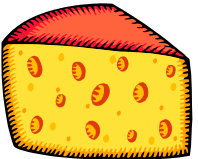
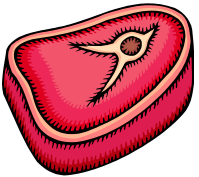
Dairy

Bread

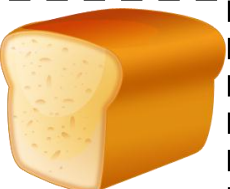
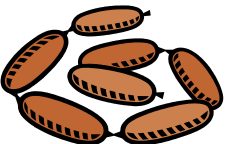
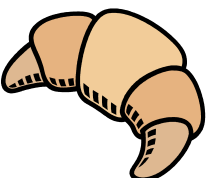
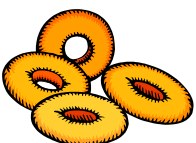
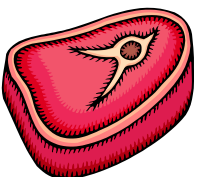
Meat



*Cut out pictures
and paste on food
group sort sheet*



*Cut out pictures
and paste on food
group sort sheet*



Name_____

Weekly Lunch Menu


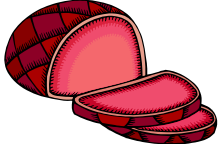





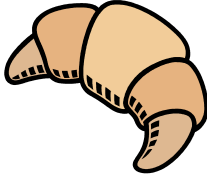




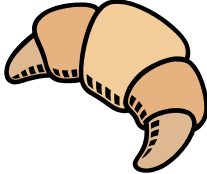








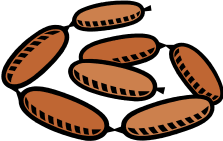

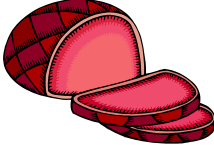
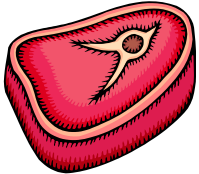
Directions: For each day write the food from the lunch menu in the correct group and after lunch check off if you had each area for a balanced meal.

<div>Fruit <input type="checkbox"/></div> <div>_____</div>	<div>Fruit <input type="checkbox"/></div> <div>_____</div>	<div>Fruit <input type="checkbox"/></div> <div>_____</div>	<div>Fruit <input type="checkbox"/></div> <div>_____</div>	<div>Fruit <input type="checkbox"/></div> <div>_____</div>
<div>Vegetable <input type="checkbox"/></div> <div>_____</div>	<div>Vegetable <input type="checkbox"/></div> <div>_____</div>	<div>Vegetable <input type="checkbox"/></div> <div>_____</div>	<div>Vegetable <input type="checkbox"/></div> <div>_____</div>	<div>Vegetable <input type="checkbox"/></div> <div>_____</div>
<div>Dairy <input type="checkbox"/></div> <div>_____</div>	<div>Dairy <input type="checkbox"/></div> <div>_____</div>	<div>Dairy <input type="checkbox"/></div> <div>_____</div>	<div>Dairy <input type="checkbox"/></div> <div>_____</div>	<div>Dairy <input type="checkbox"/></div> <div>_____</div>
<div>Grains <input type="checkbox"/></div> <div>_____</div>	<div>Grains <input type="checkbox"/></div> <div>_____</div>	<div>Grains <input type="checkbox"/></div> <div>_____</div>	<div>Grains <input type="checkbox"/></div> <div>_____</div>	<div>Grains <input type="checkbox"/></div> <div>_____</div>
<div>Meat <input type="checkbox"/></div> <div>_____</div>	<div>Meat <input type="checkbox"/></div> <div>_____</div>	<div>Meat <input type="checkbox"/></div> <div>_____</div>	<div>Meat <input type="checkbox"/></div> <div>_____</div>	<div>Meat <input type="checkbox"/></div> <div>_____</div>
Monday	Tuesday	Wednesday	Thursday	Friday

Name_____

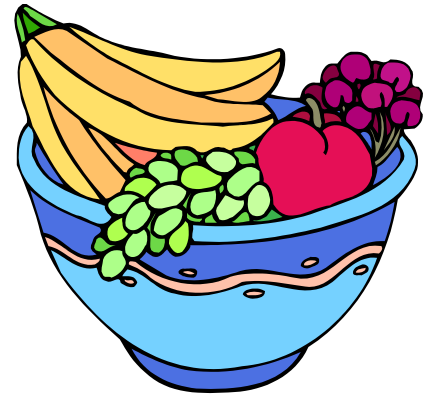
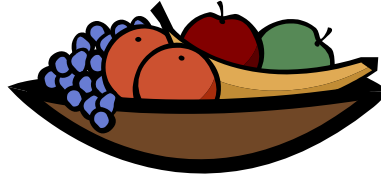
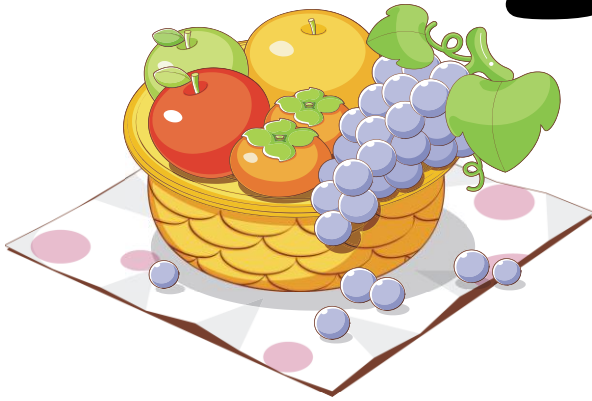
Match and Color

Directions: Look in each row. Color in each square if it is in the row that matches the words.

Dairy					
Grains					
Fruits					
Vegetables					
Meats					

Fruits

Name _____



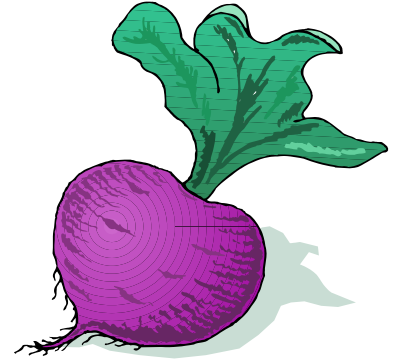
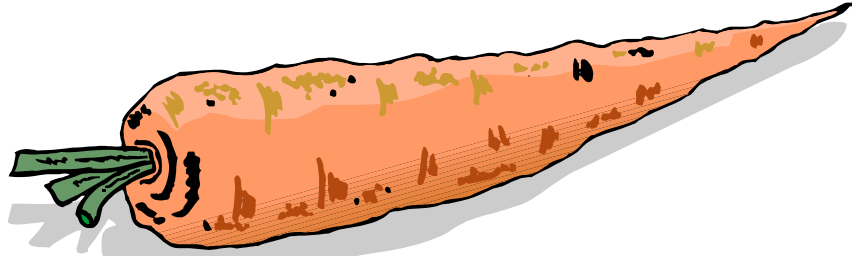
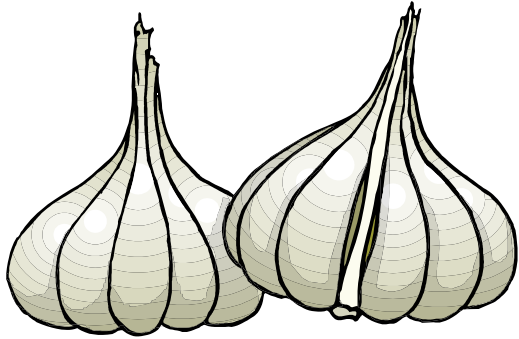
CAN

HAVE

ARE

Name _____

Vegetables



CAN

HAVE

ARE

Name _____



Dairies



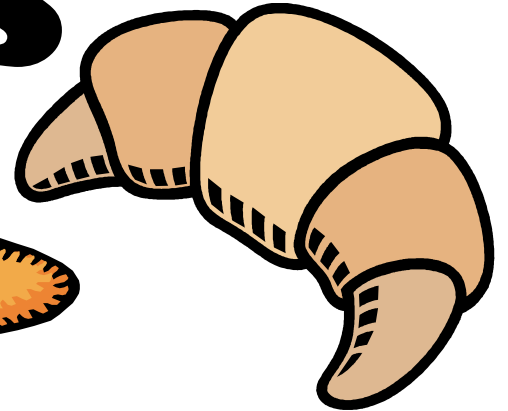
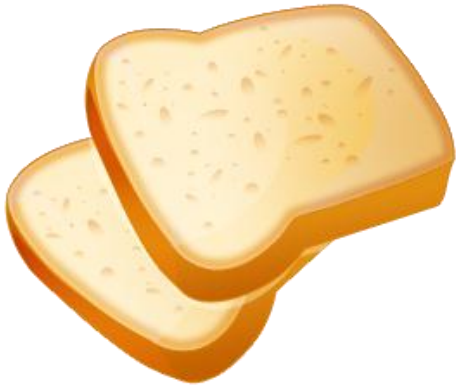
CAN

HAVE

ARE

Name _____

Grains



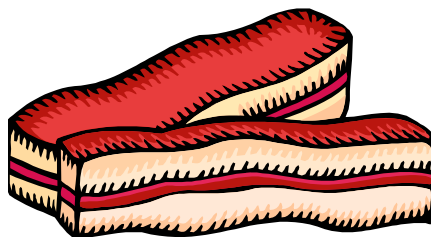
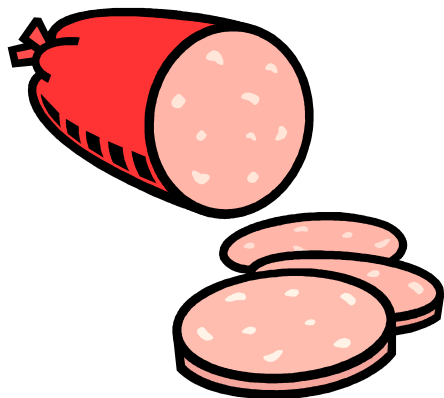
CAN

HAVE

ARE

Meats

Name _____



CAN

HAVE

ARE

Name _____

My Venn Diagram

Fruits

Veggies

Both



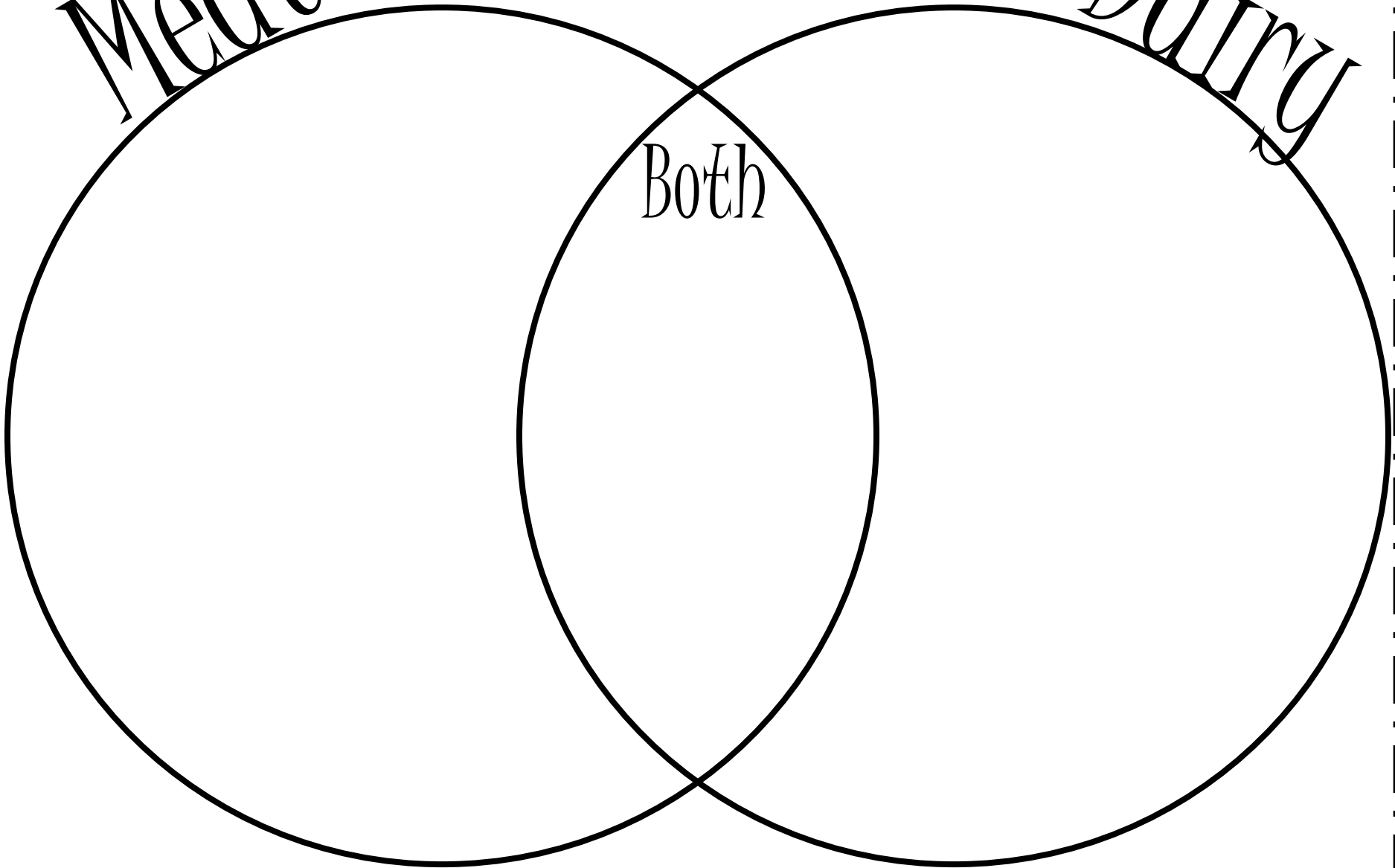
Name _____

My Venn Diagram

Meat

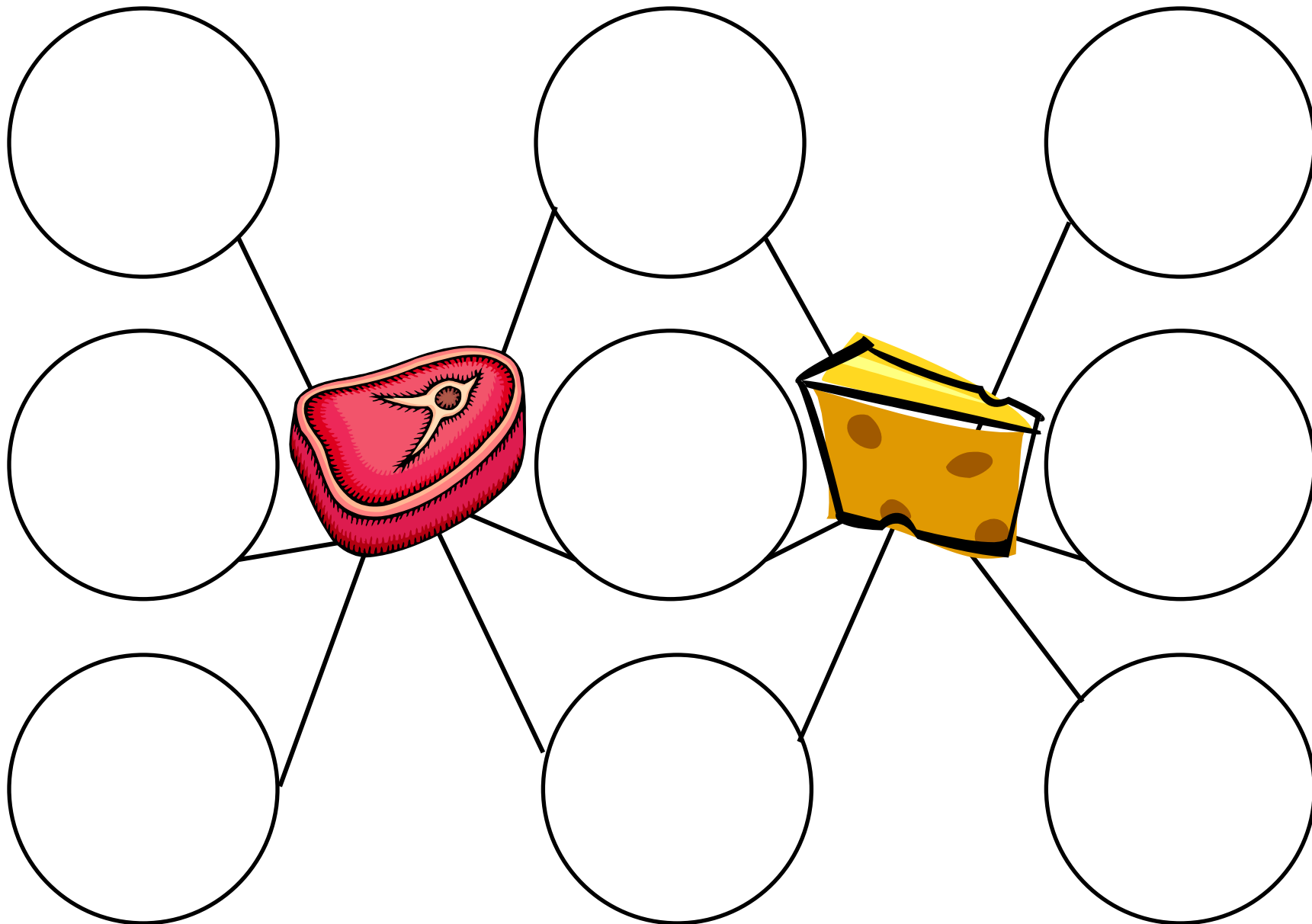
Dairy

Both



Name _____

Double Bubble Organizer



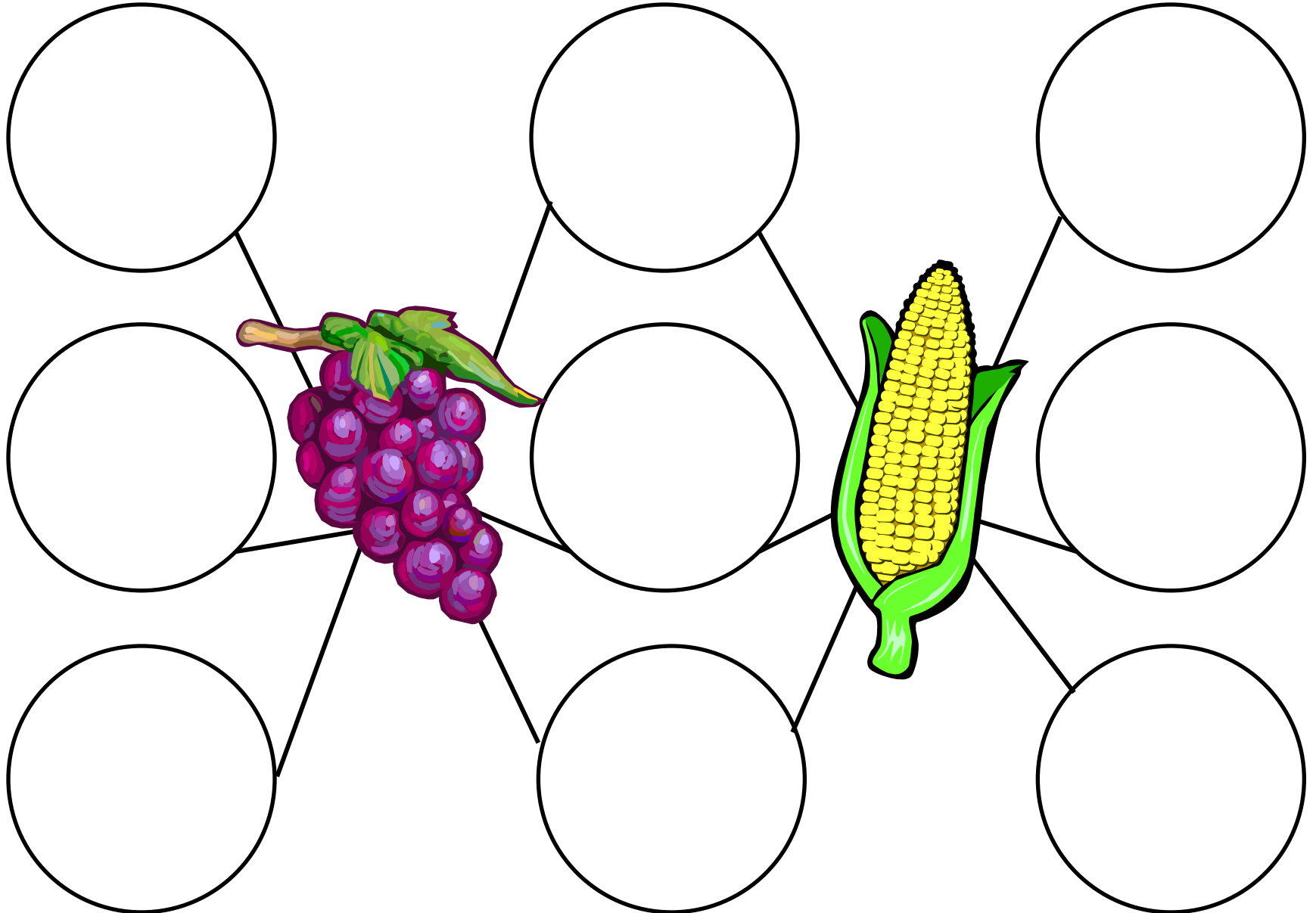
Meat

Both

Dairy

Name _____

Double Bubble Organizer



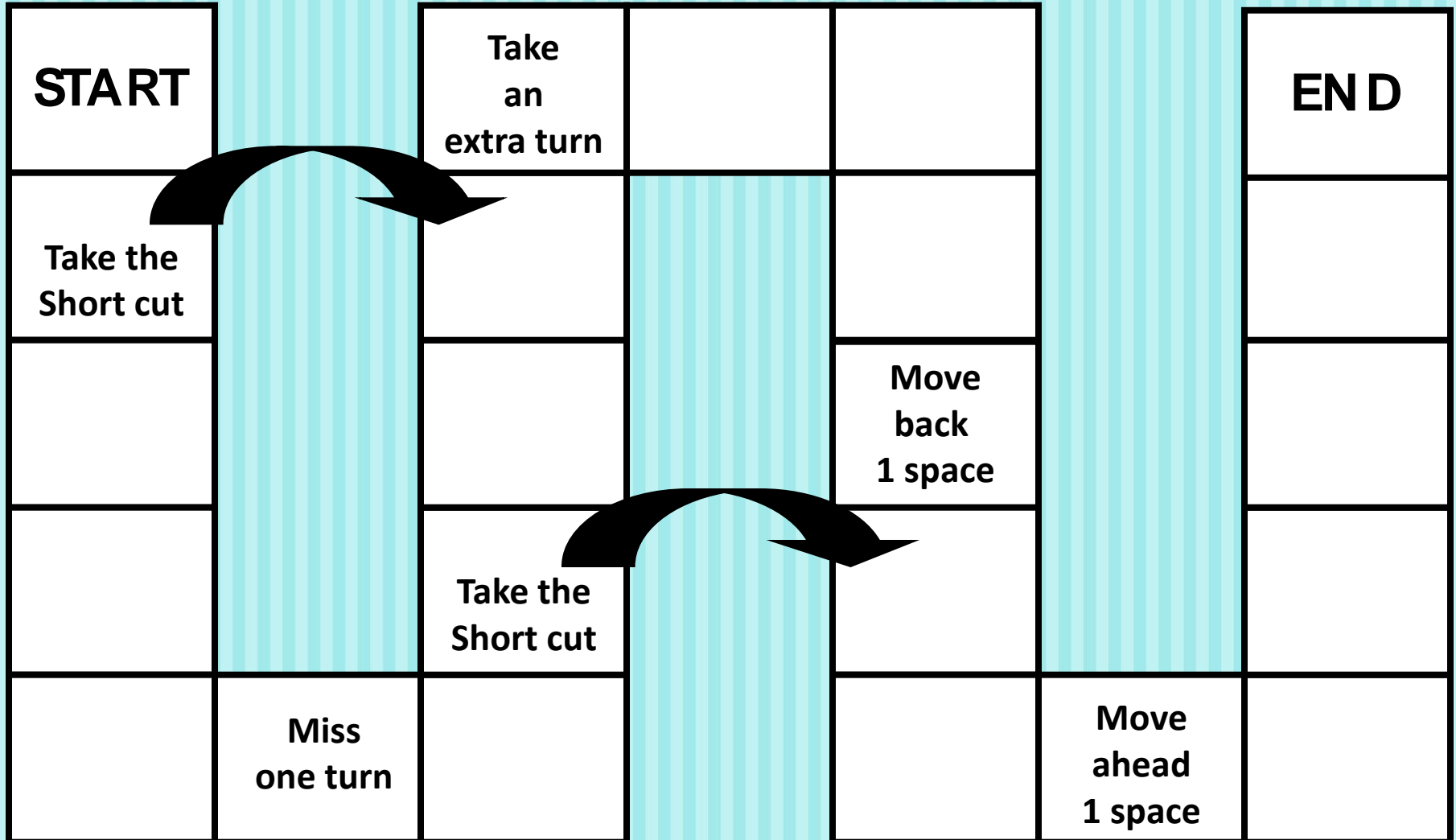
Fruit

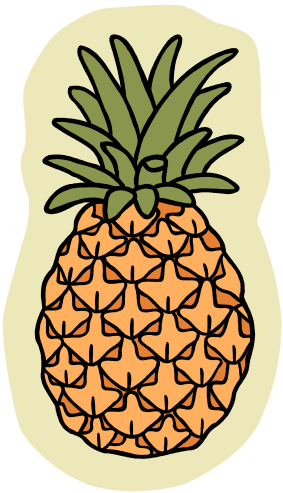
Both

Vegetables

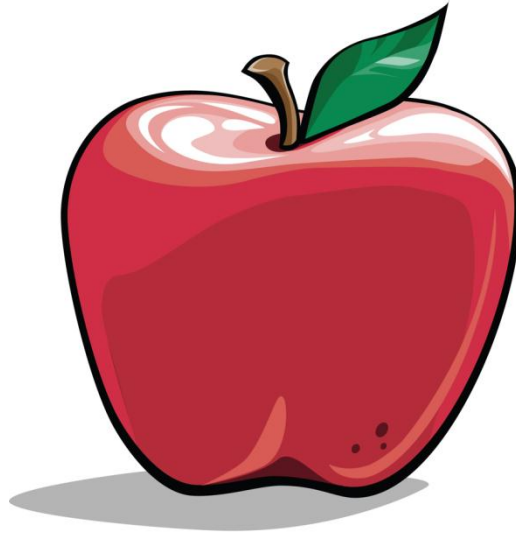
FOOD RACE

Directions: Pick up a food card. Decide if it's healthy or not healthy. If you get the answer correct you can roll the dice and move that many spaces. Whoever reaches END first wins.





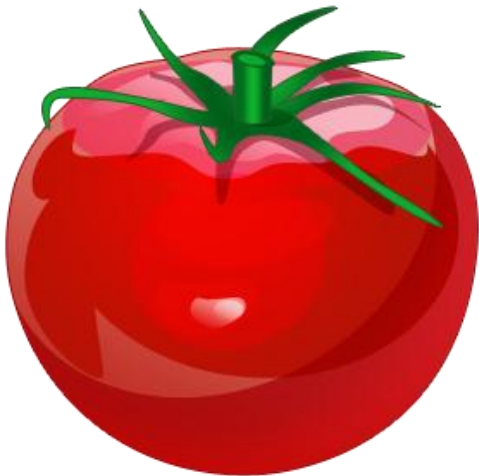
Pineapple



Apple



Ice Cream



Tomato



Donuts



Orange



Cotton Candy



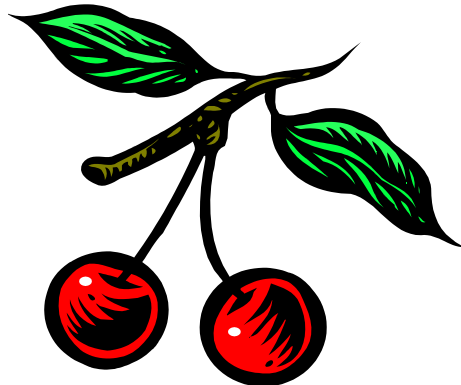
Bread



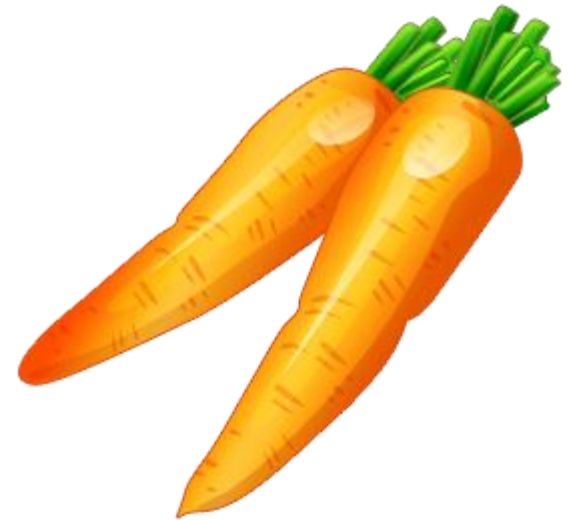
Blueberries



Cookie



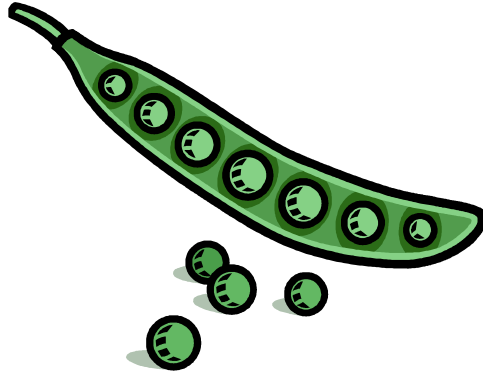
Cherries



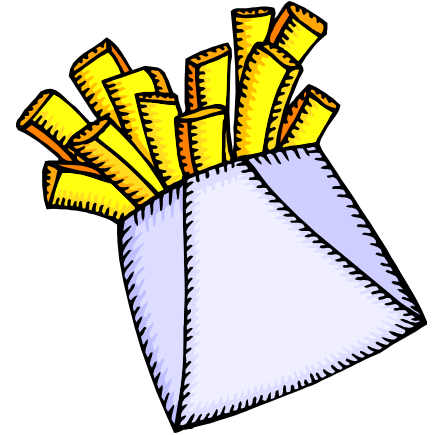
Carrots



Watermelon



Peas



French Fries



Steak



Cupcake

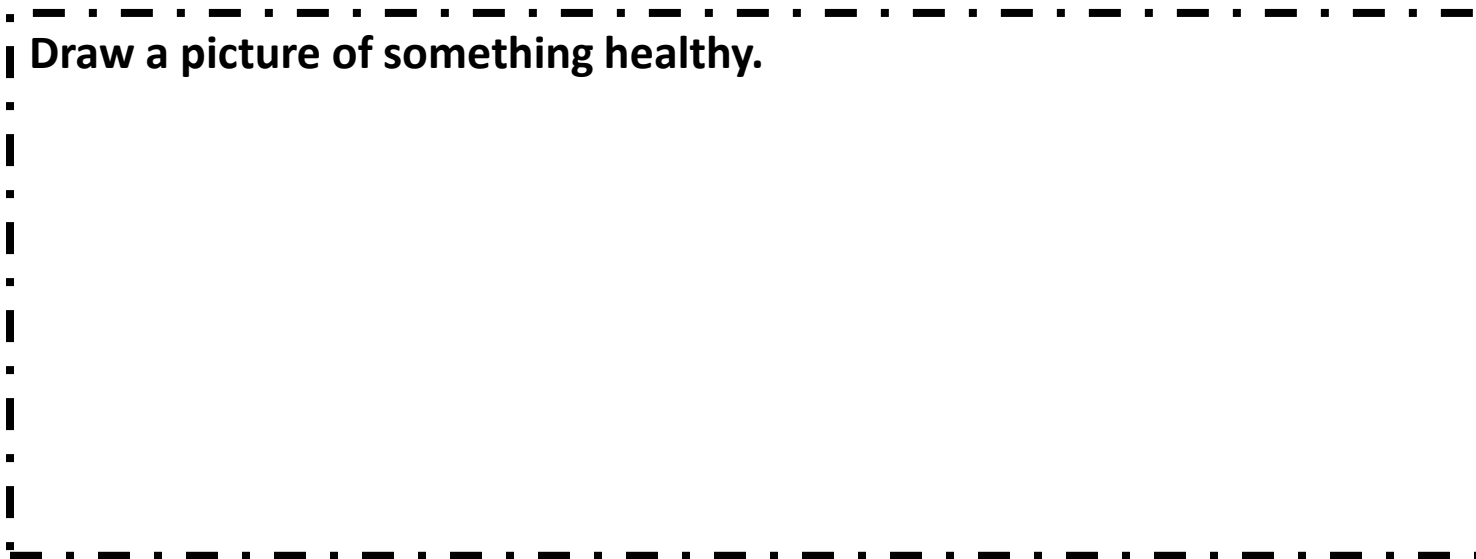


Pie

Name _____

It's important to eat healthy because

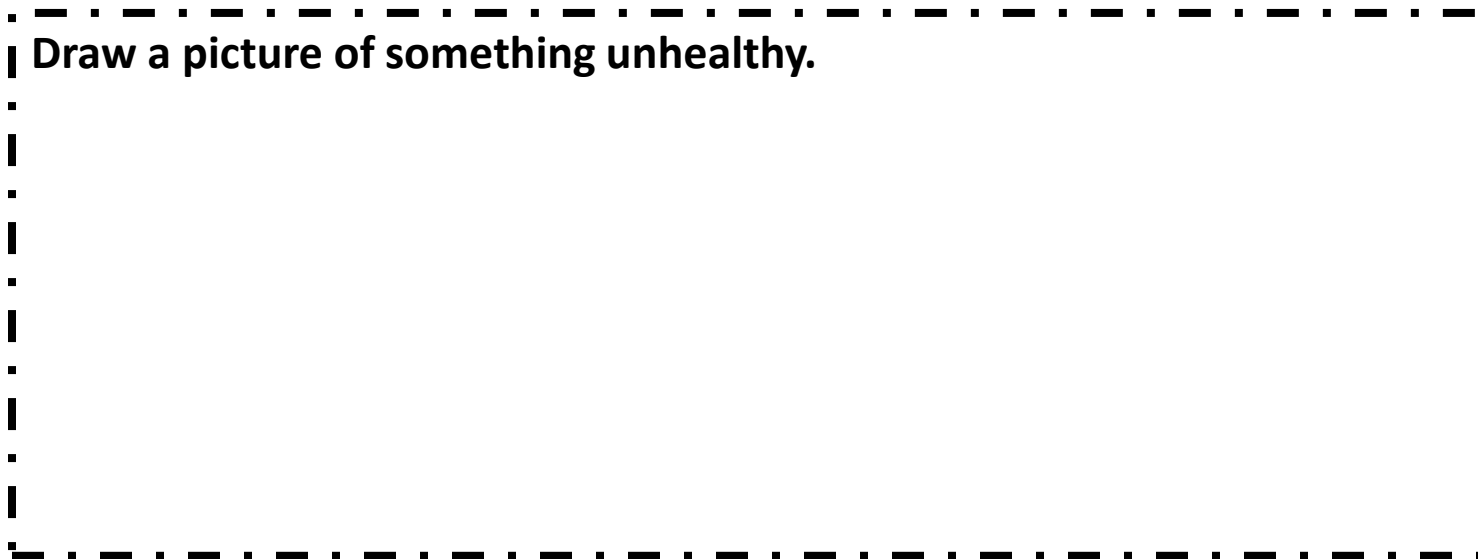
Draw a picture of something healthy.



Name _____

Eating unhealthy foods will

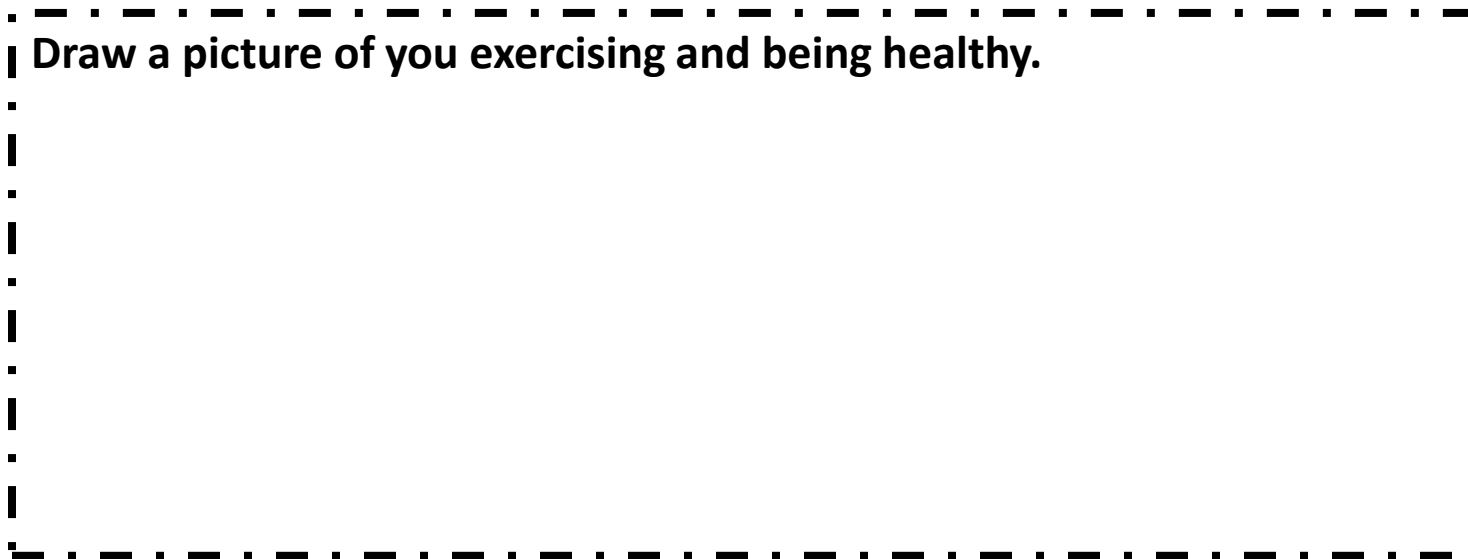
Draw a picture of something unhealthy.



Name _____

I have to exercise and eat right because

Draw a picture of you exercising and being healthy.



Credits

