

Cut and Paste Food Pyramid

**Healthy
FOOD**

Fats, Oils and Sweets

Milk, Yogurt
and Cheese
Group

Meat, Poultry, Fish,
Eggs, Dry Beans
and Nut Group

Vegetable
Group

Fruit
Group

Bread, Cereal, Rice & Pasta Group

Water

Cut and Paste Food Pyramid

Cut each food item and paste into the correct food group to complete the Food Pyramid



Food Pyramid

Healthy FOOD

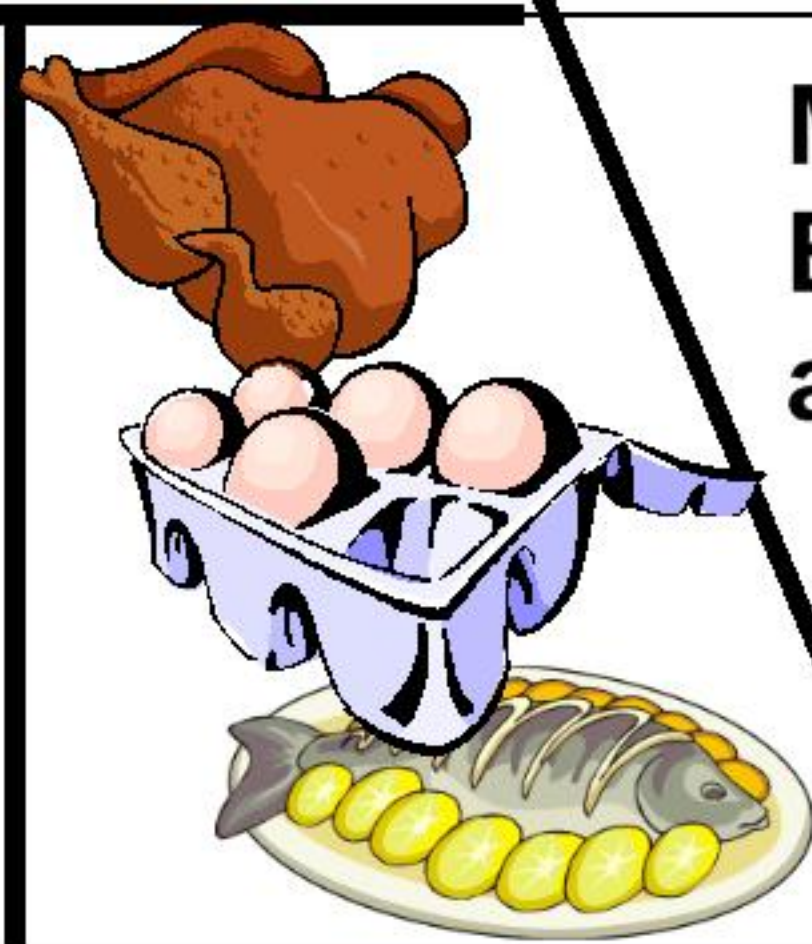
Fats, Oils and Sweets



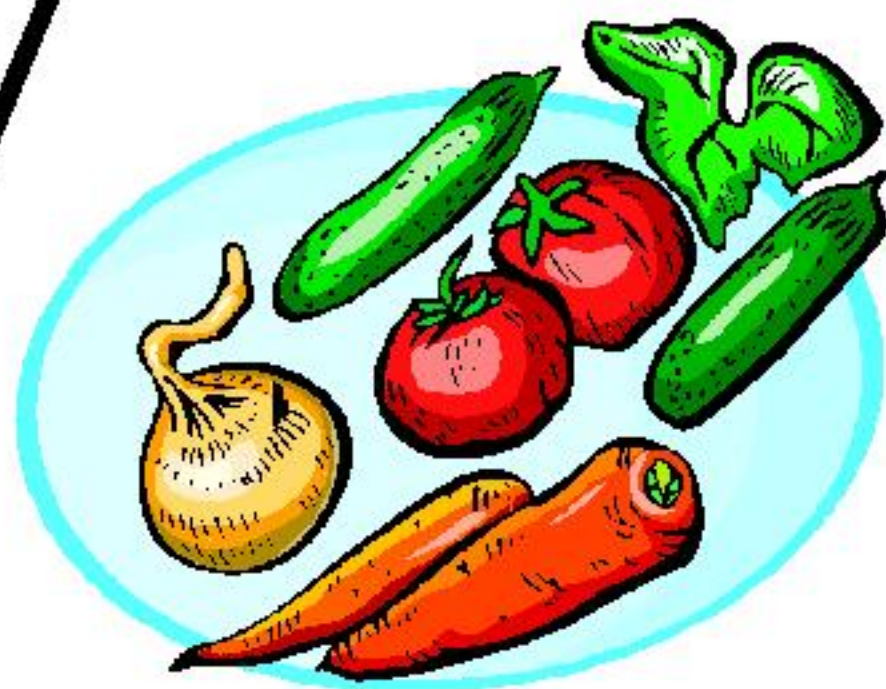
Milk, Yogurt
and Cheese
Group



Meat, Poultry, Fish,
Eggs, Dry Beans
and Nut Group



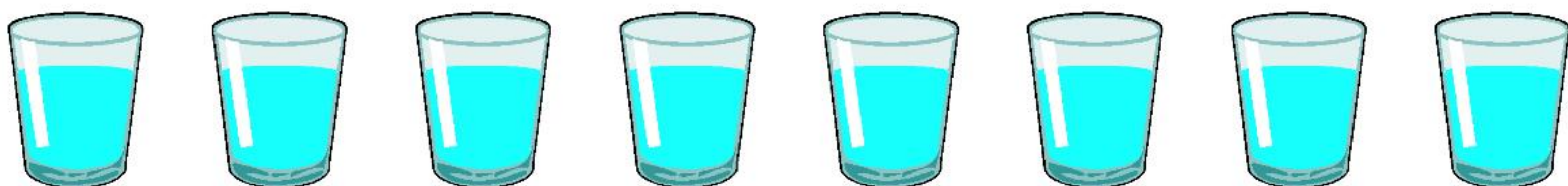
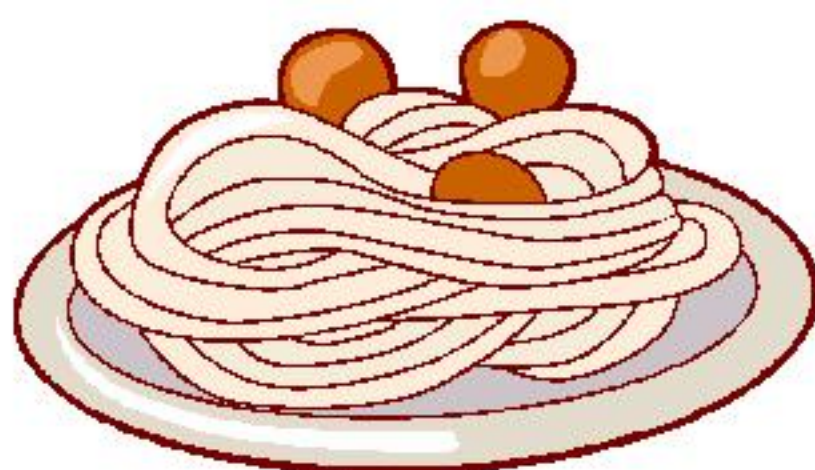
Vegetable
Group



Fruit
Group



Bread, Cereal, Rice & Pasta Group



Water