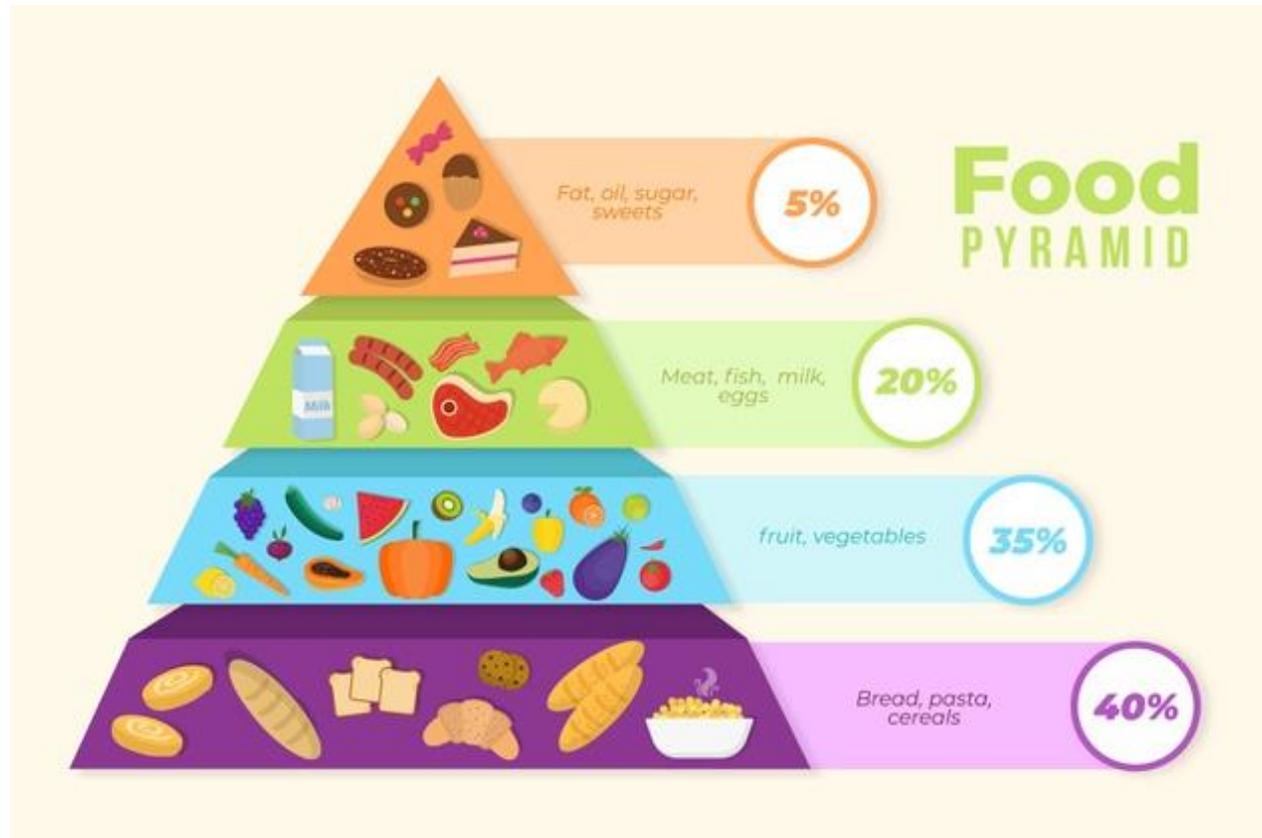


Primary Worksheets: Food Pyramids



The food pyramid is used to make things easier to understand when it comes to healthier eating. The pyramid gives a good view of what foods to eat more of, and those to eat less.

The food pyramid is important as it ensures children are getting enough carbohydrates, vitamins, minerals, protein, fiber, and fats.

What foods do you eat?



Primary Worksheets: Food Pyramids



A food pyramid tends to have the following layers.

- A top layer showing foods high in fat, sugar, and salt.
- A second layer with meat, fish, eggs, beans and nuts.
- Third layer of fruits and vegetables
- Fourth layer of cereals and bread.

There are many different types of pyramids. For adults, food pyramids can change. More layers can be added, such as dairy products. As you get older, you may need more from another layer than another.



Primary Worksheets: Food Pyramids



There are five basic food groups that we should be able to recognize on a food pyramid.

Grains are in breads and a source of carbohydrates. They are needed for energy.

Vegetables are high in minerals and vitamins. They are a good source for nutrients.

Fruits are another good source for nutrients. They have a lot of vitamins and fiber contents.

Milk and **dairy** products are needed for calcium, vitamins and proteins which are essential for bone growth.

Meats, beans, and **fish** are proteins. They help in building and replacing the tissue in the child's body.



Primary Worksheets: Food Pyramid

Answer the questions.

What is a food pyramid?

Why do we need a food pyramid?

What foods are not good for us?



