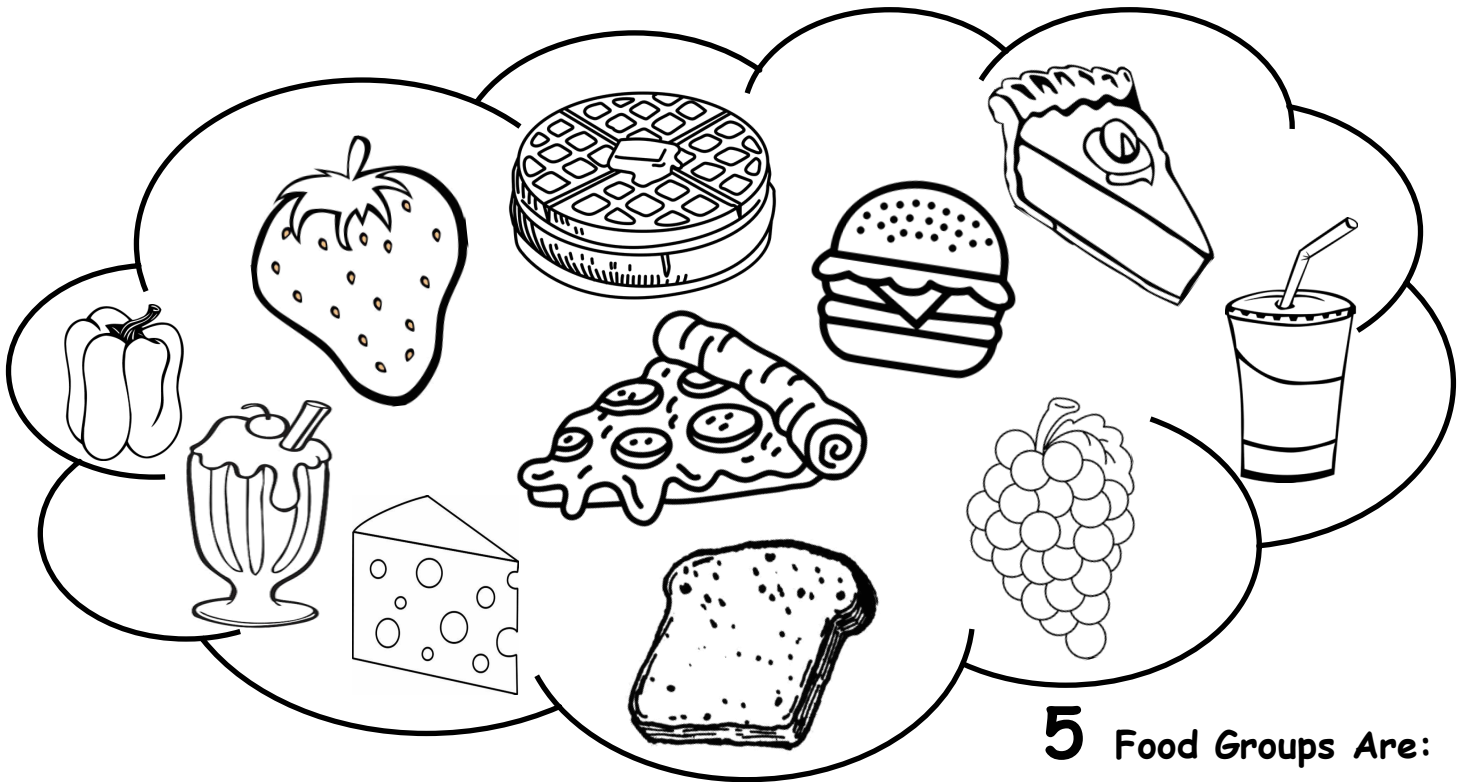


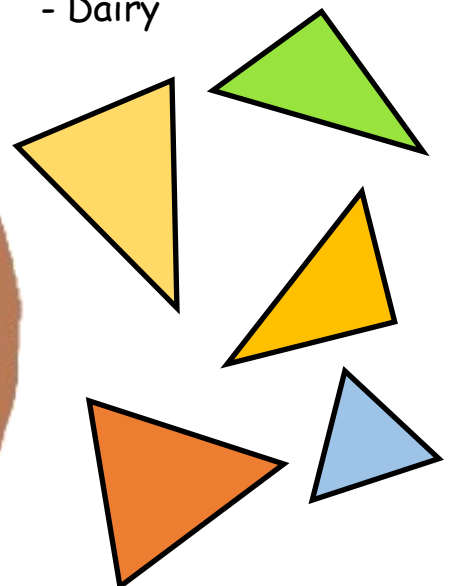
This "Rockin Happy Rock" is hungry...

Can you name the **5** food groups.

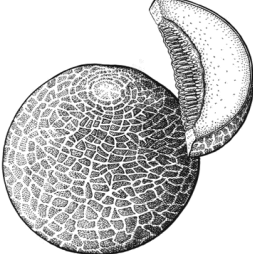
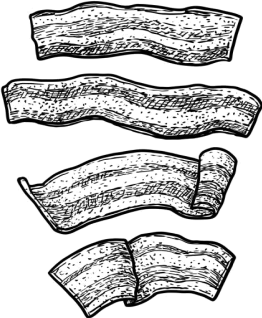
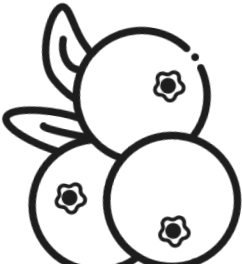
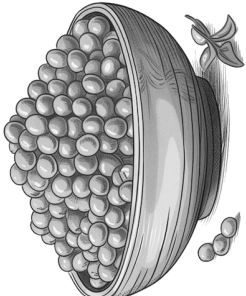
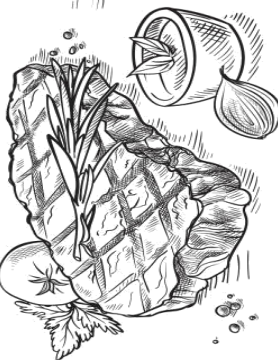
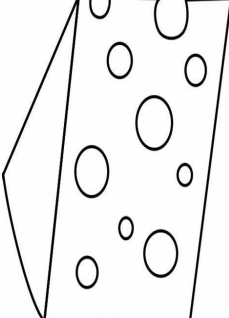
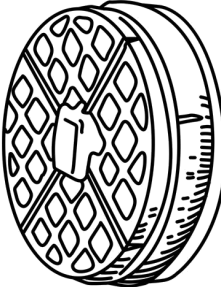
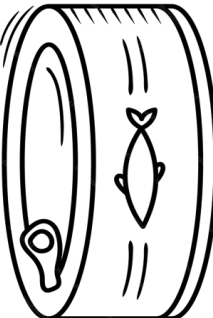
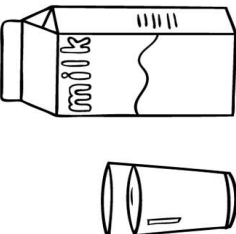
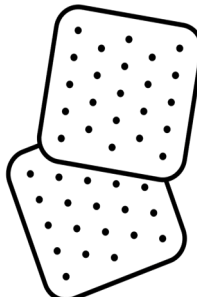


5 Food Groups Are:

- Fruits
- Vegetables
- Protein
- Grains
- Dairy



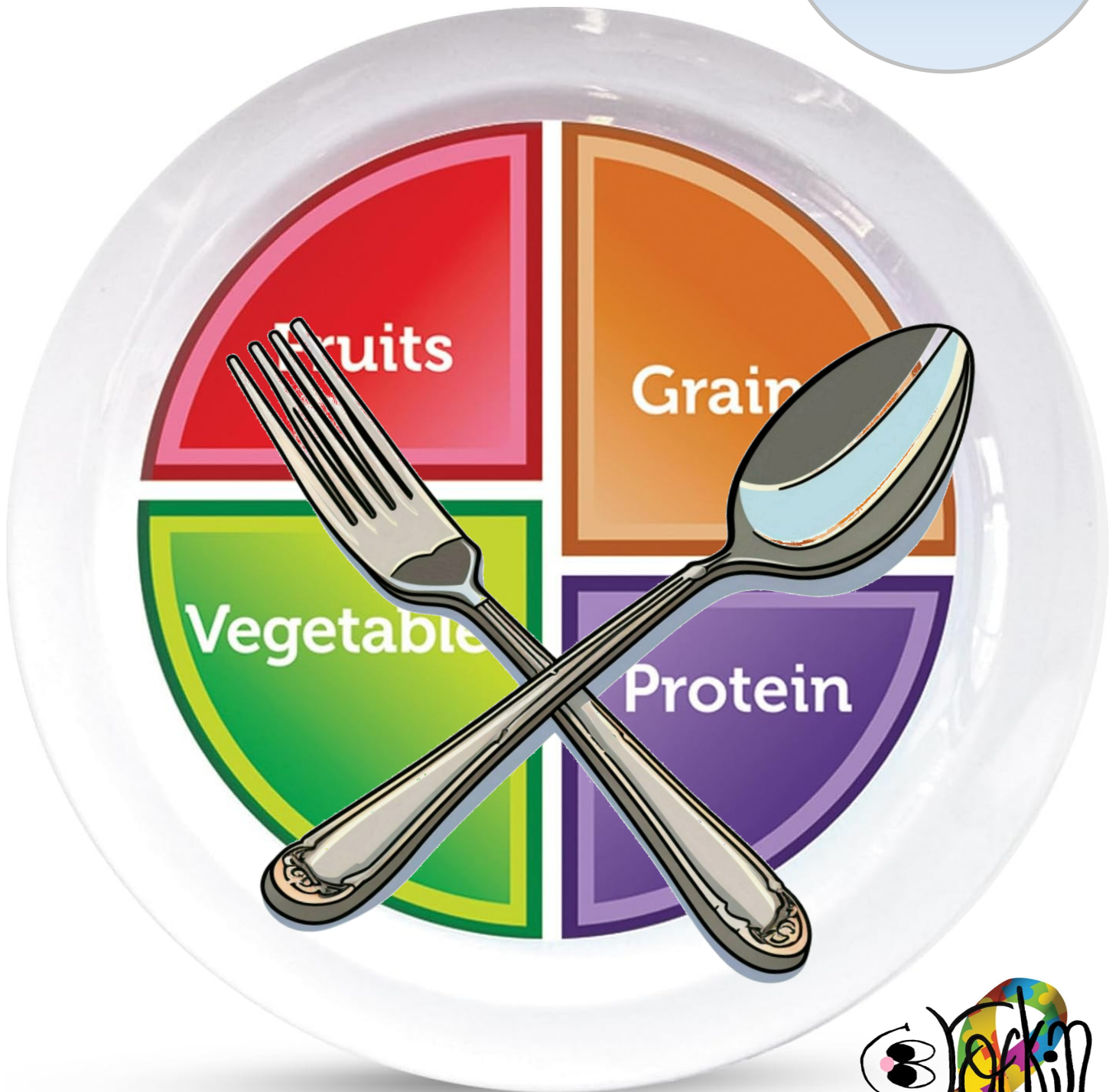
Color the foods that resemble the shape of a triangle

				
				
				
				
Dairy	Fruits	Vegetables	Grains	Protein

It's important to include the 5 healthy food groups in your meals each day.

- Cut one matching food item from the food pyramid and glue it in each food category to make a healthy meal.

Dairy



Name _____



**Fats, oils &
confectionery**

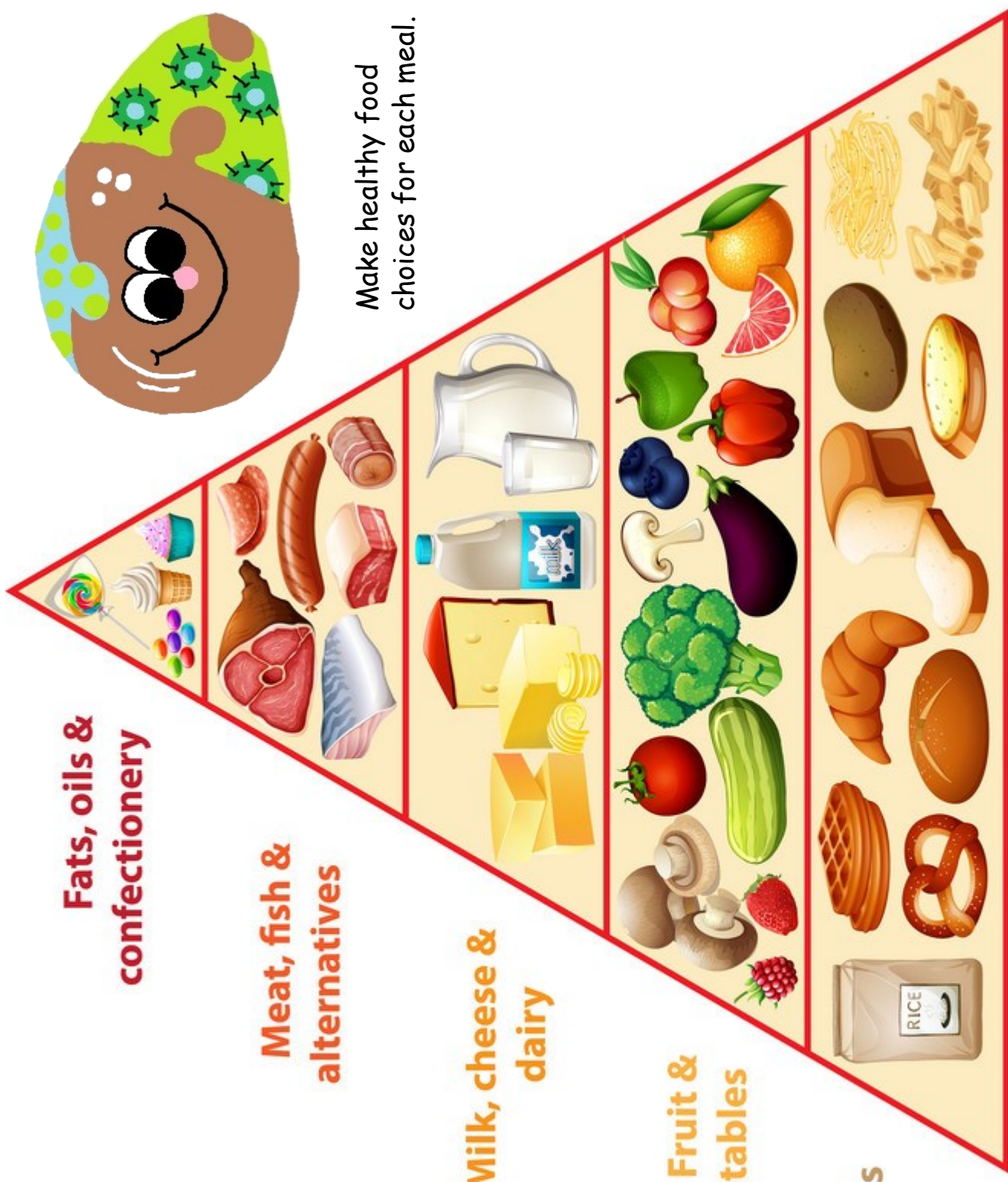
**Meat, fish &
alternatives**

**Milk, cheese &
dairy**

**Fruit &
vegetables**

**Bread, cereals
& potatoes**

Make healthy food
choices for each meal.



Healthy Food Pyramid