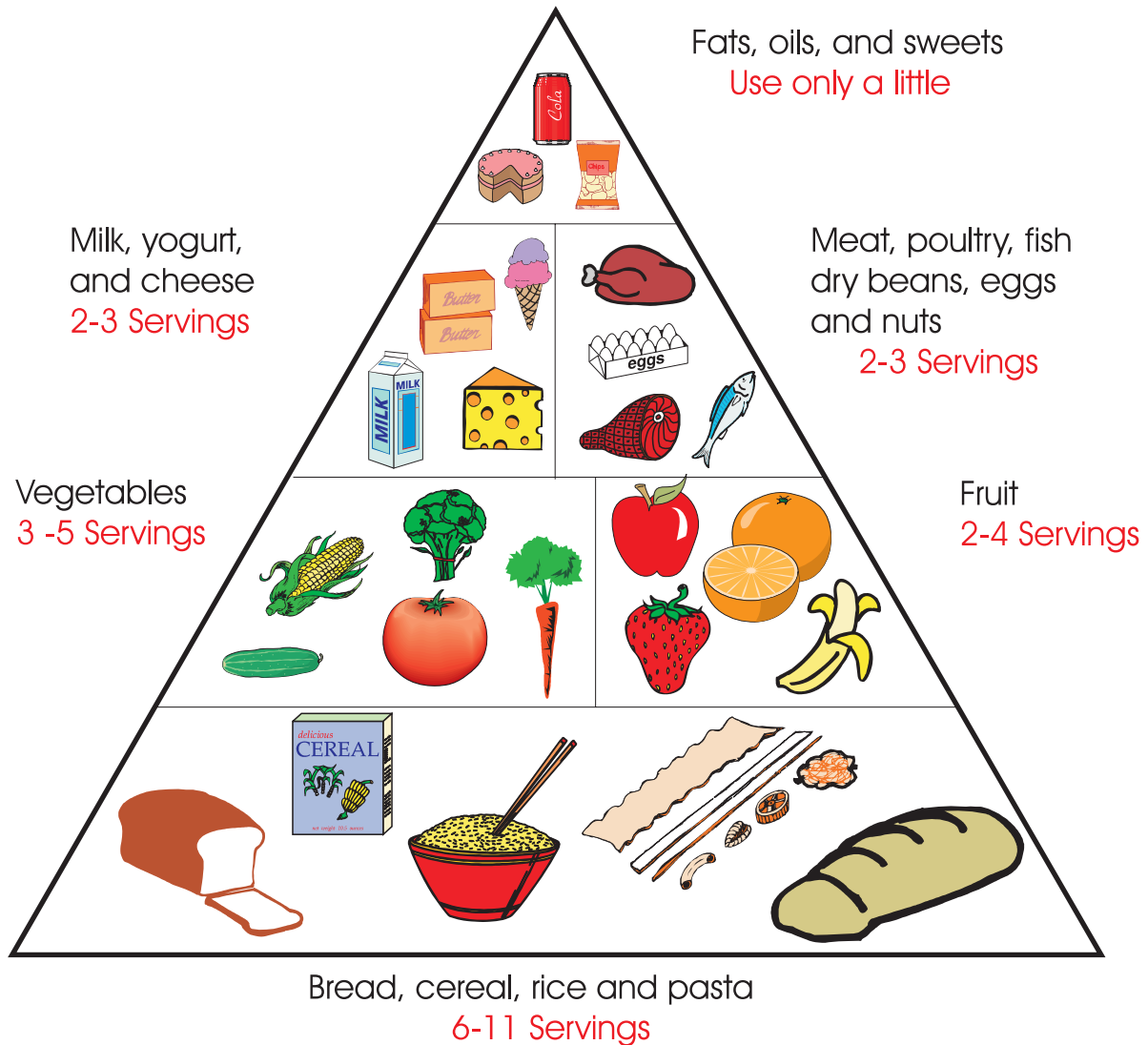


The Food Pyramid



Eating right is a big part of staying healthy. The food pyramid teaches us what and how much to eat each day. Can you match what food groups help your body in what ways?

Food Group

VEGETABLE
BREAD
FRUIT
MEAT
MILK

What it does

A. BUILDS STRONG BONES AND TEETH
B. BUILDS STRONG MUSCLES
C. HELPS HEAL CUTS
D. BUILDS HEALTHY EYES AND BODIES
E. GIVES ENERGY