

Name _____

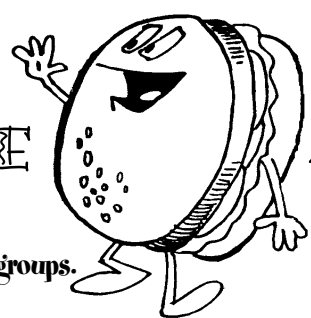
MORE MY PYRAMID FUN

ONE, TWO WHAT DO FOODS DO?

Fill in the blanks and find out.

1. Foods give us e_____.
2. Foods give us n_____.

MY FAVORITE FOODS



List your favorite food from each of the five groups.

- 1 Grains: _____
- 2 Vegetables: _____
- 3 Fruits: _____
- 4 Milk: _____
- 5 Meat & Beans: _____

NUTRITION NEWS! WORD SEARCH

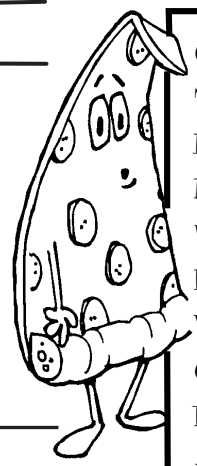
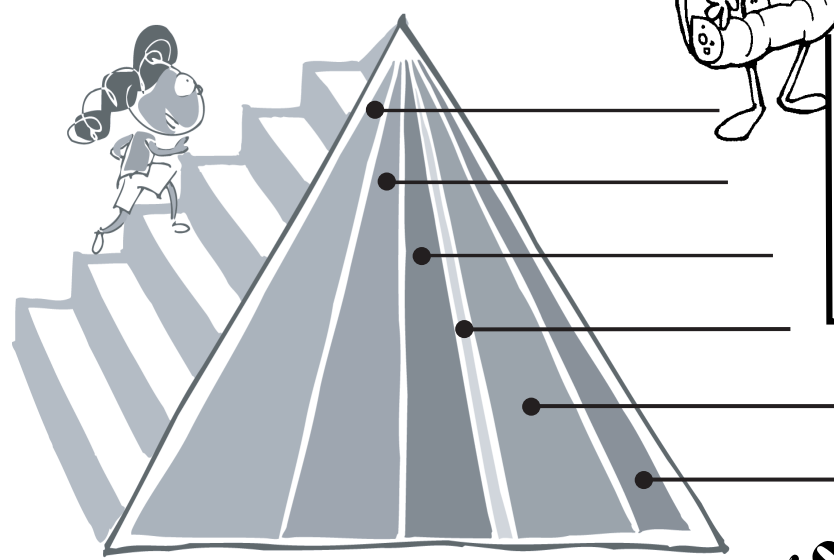
Find and circle these words in the puzzle.

They are hidden in all directions.

nutrients proteins calories carbohydrates variety water
 minerals foods vitamins veggies oils fat fruit milk
 meat lean energy healthy grains

MY PYRAMID PLAN

Name each section of the Pyramid
Just like Lift-Off!, you'll be one smart kid!



C	A	L	O	R	I	E	S	P	U	F	S	V
T	A	F	H	E	L	E	L	R	I	R	R	N
E	N	R	L	E	A	N	L	O	Y	U	O	U
M	O	O	B	O	M	E	A	T	T	I	E	T
V	I	T	W	O	O	R	W	E	E	T	W	R
L	I	F	H	B	H	G	O	I	I	S	S	I
W	A	T	E	R	N	Y	T	N	R	L	O	E
G	R	F	A	F	O	O	D	S	A	Y	O	N
R	O	O	L	M	I	L	K	R	V	E	R	T
A	I	T	T	O	I	T	E	M	A	C	U	S
I	L	F	H	K	E	N	U	R	S	T	A	F
N	S	I	Y	T	I	R	S	A	N	A	E	L
S	N	L	I	M	S	V	E	G	G	I	E	S

LIFT-OFF! SAYS

Separate the words

each food group each day
 Eat lots of different foods from each food group

