

# ANSWERS

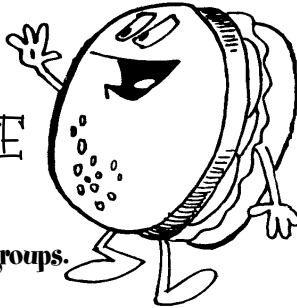
## MIDDLE MY PYRAMID FUN

ONE,  
TWO  
WHAT DO  
FOODS DO?

Fill in the blanks and find out.

1. Foods give us e n e r g y.
2. Foods give us n u t r i e n t s.

### MY FAVORITE FOODS



List your favorite food from each of the five groups.

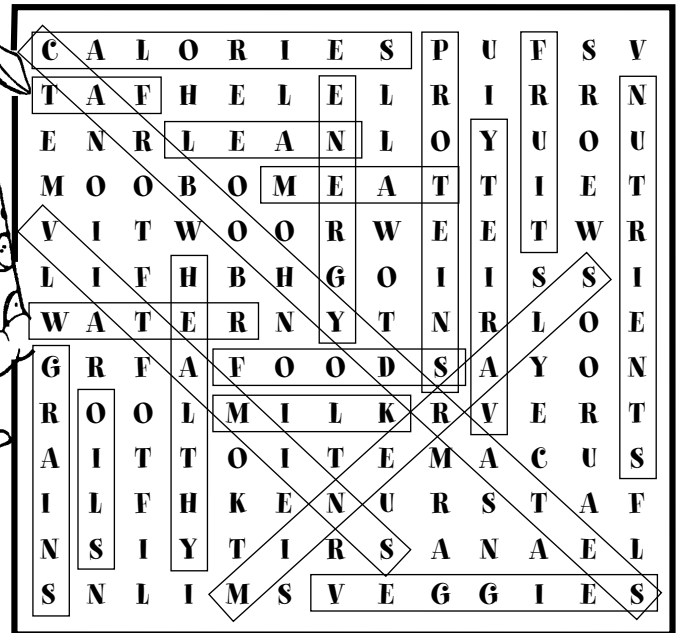
- 1 Grains: \_\_\_\_\_
- 2 Vegetables: \_\_\_\_\_
- 3 Fruits: \_\_\_\_\_
- 4 Milk: \_\_\_\_\_
- 5 Meat & Beans: \_\_\_\_\_

### NUTRITION NEWS! WORD SEARCH

Find and circle these words in the puzzle.

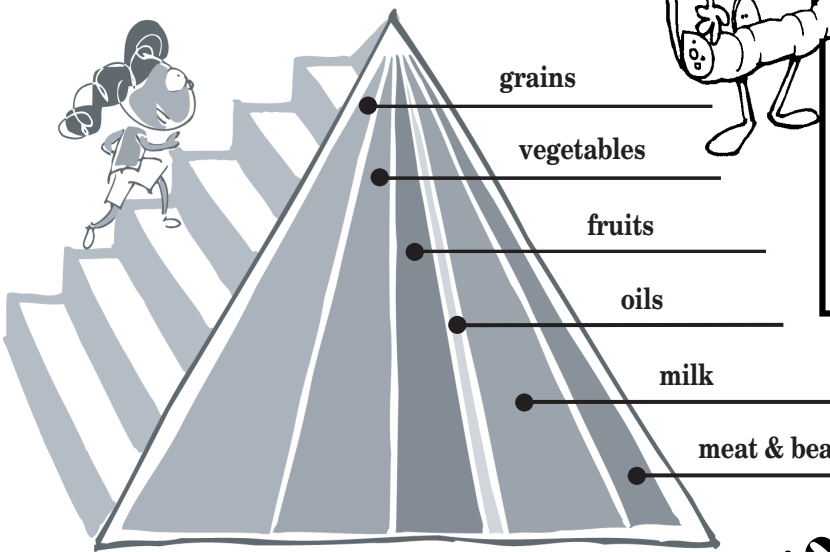
They are hidden in all directions.

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



### MY PYRAMID PLAN

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



### LIFT-OFF! SAYS

Separate the words

