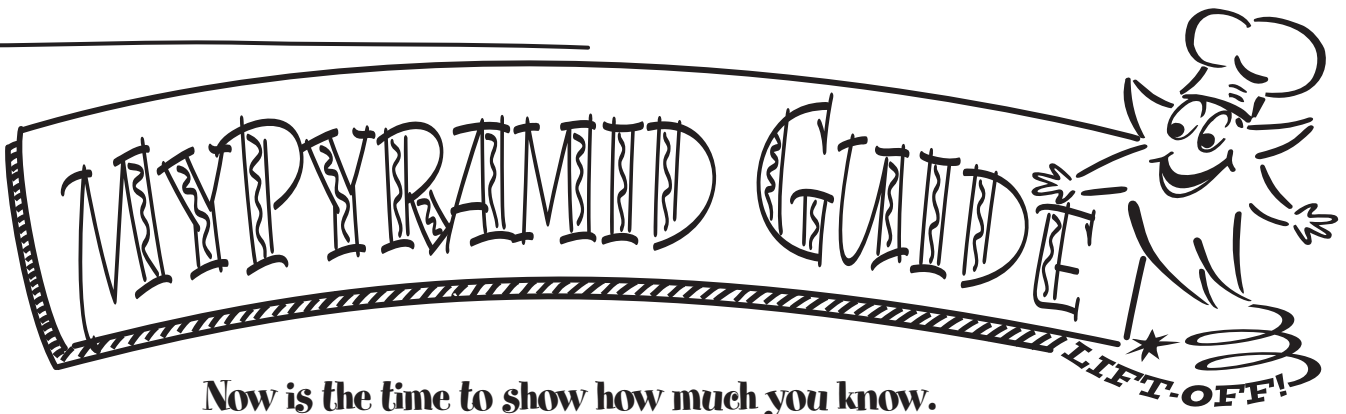


Name _____



Now is the time to show how much you know.

Please fill in MyPyramid facts below.

Grains

Number of ounces each day: _____

What I should know: _____

Two foods in this group are: _____

Vegetables

Number of cups each day: _____

What I should know: _____

Two foods in this group are: _____

Fruits

Number of cups each day: _____

What I should know: _____

Two foods in this group are: _____

Oils

Is this a Food Group? yes no

Number of teaspoons each day: _____

What I should know: _____

Two oils are: _____

Milk

Number of cups each day: _____

What I should know: _____

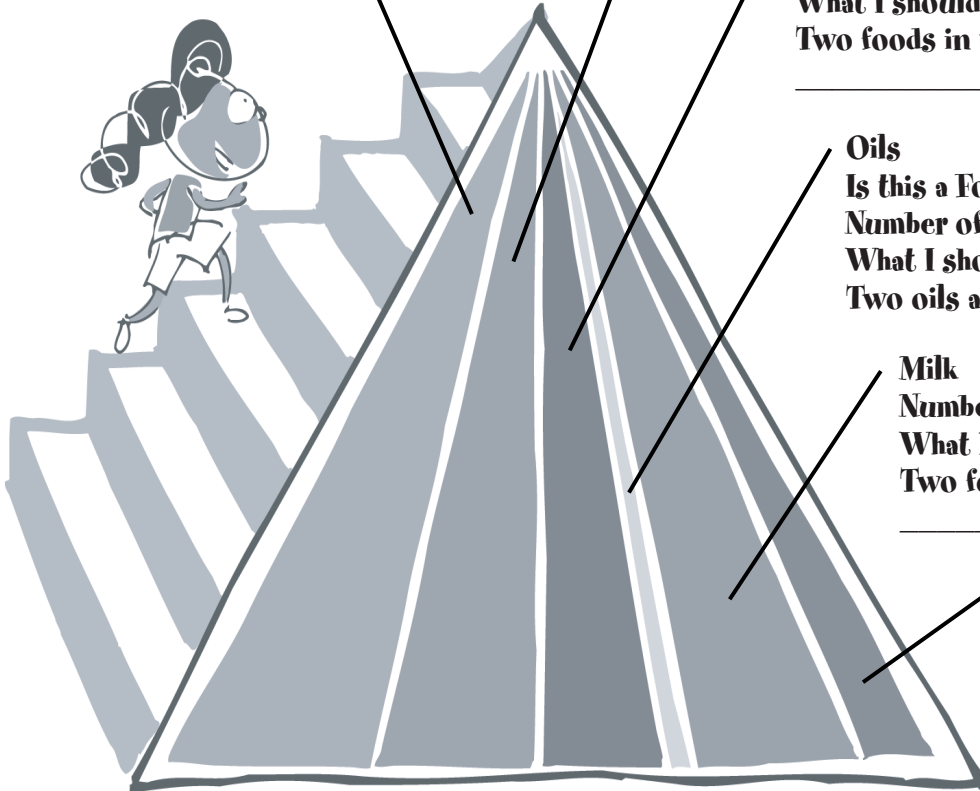
Two foods in this group are: _____

Meat & Beans

Number of ounces each day: _____

What I should know: _____

Two foods in this group are: _____



MyPyramid Plan

Grains	Vegetables	Fruits	Oils	Milk	Meat & Beans
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Be Active

Number of minutes to be active each day: _____

Two activities I like to do each day: _____



Nutrition · Achievement · Environment · Community · Activity

by sodexo