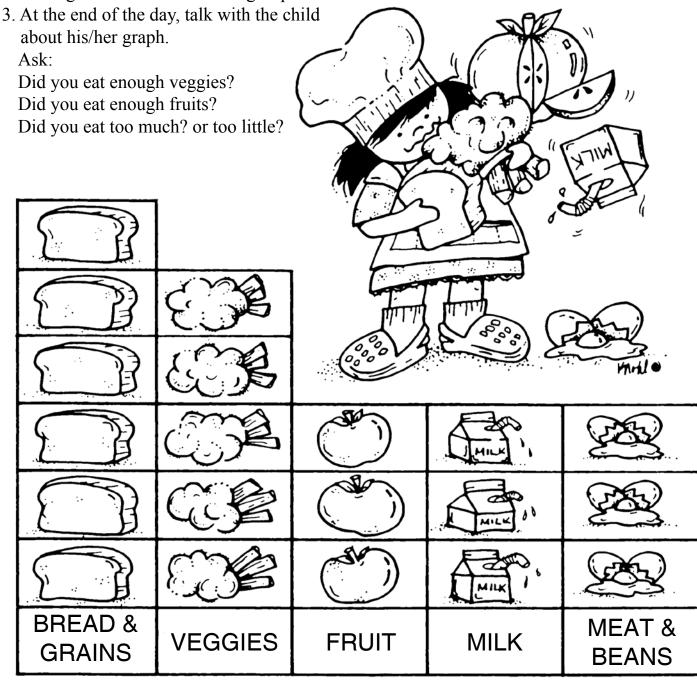
## **Food Pyramid Graphing**

## PESOU RCES FOOD PROGRAM FUN PAGES

## Take the Food Pyramid challenge!

- 1. Make one copy of this sheet for each child.
- 2. The graph below shows the recommended servings for children ages 6-11. (Preschool children may need less food.) Have the child color in one square each time he/she eats a serving from each of the food groups below.



Each box =
1 slice bread,
1 ounce cereal, or
1/2 cup cooked rice

Each box = 1/2 cup vegetable

Each box = 1/2 cup fruit

Each box = 1 cup milk

Each box = 2 ounces meat, 1 egg, or 1/2 cup cooked beans