

Food Pyramid Graphing



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.
3. At the end of the day, talk with the child about his/her graph.





















Ask:

Did you eat enough veggies?

Did you eat enough fruits?

Did you eat too much? or too little?



				
				
				
				
				
				
BREAD & GRAINS	VEGGIES	FRUIT	MILK	MEAT & BEANS

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