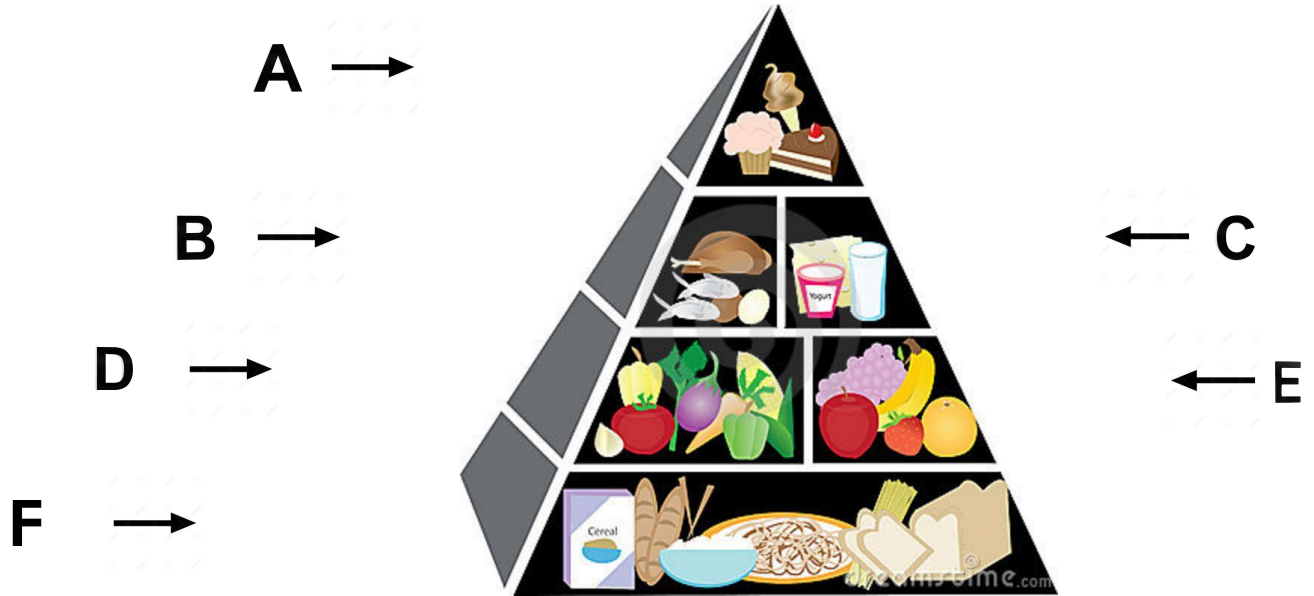


🍏 FOOD PYRAMID ACTIVITY 🍏

Name The Number Of Servings Per Day



Can you list the number of servings per day for each food group? Hint: View the food chart at andrewsphysicaleducation.weebly.com (under the Fitness & Diet Pyramid tab)

Answers:

- A: _____
- B: _____
- C: _____
- D: _____
- E: _____
- F: _____



For more on Nutrition visit <https://www.choosemyplate.gov/> Scroll down to “Browse By Audience.” This website hosts a bunch of interactive tools to work your mind and boost your appetite!