





Name _____

What I Eat and Do from MyPyramid for Kids

| | Food and Activity | How much do I need every day? |
|--|--------------------------|--------------------------------------|
|  Activity | | |
|  Grains | | |
|  Vegetables | | |

| | Food and Activity | How much do I need every day? |
|--|--------------------------|--------------------------------------|
|  Fruits | | |
|  Milk | | |
|  Meat & Beans | | |

Why is it important to eat foods from all of the food groups every day?

Food and Activity Pictures

