Name:_____

Staying Healthy

Using the “MyPyramid” article, answer the following questions with complete sentences.

1. Name foods from the groups of MyPyramid that should be eaten daily.

2. Using the information you found in the article, make a list of foods that would be good snacks. (Hint: they should come from the 5 food groups)

3. Write one personal goal for healthier eating. How will you try to keep this goal?