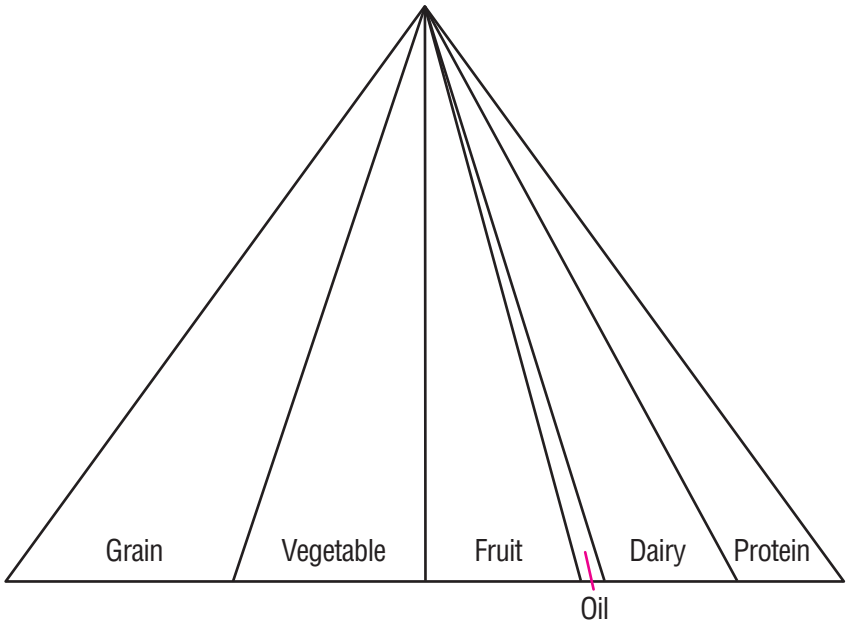
Use the Food Pyramid to Make Healthy Food Choices!

Grades K, 1, 2

Name _____

Directions: Color in each section of the Food Pyramid and list foods that would belong in each group.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Grain	Vegetable	Fruit	Dairy	Protein

Standard: Grades 1, 2: Health: Strand 1: Personal Responsibility: (K): 1.2 Recognize Healthful Food Choices (1, 2) 1.3 Make Healthy Food Choices

Network for a Healthy California LAUSD

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Network for a Healthy California

This material was produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cachampionsforchange.net.