

Activity Sheet

Food Groups

Match each item below to a food group in the Food Guide Pyramid.

Milk/Milk Products	Meat/Poultry/Fish/Dry Beans
Bread/Cereal/Rice/Grains	Fruit/Vegetable
Fat/Oil/Sweets	

Example: Milk/Milk Products: yogurt
Fruit/Vegetable: lettuce

1. _____ apple

2. _____ ice-cream

1. _____ rice

4. _____ corn

5. _____ pear

6. _____ steak

7. _____ chicken

8. _____ pork filet

9. _____ butter

10. _____ hot dog

11. _____ orange

12. _____ rye bread

13. _____ black beans

14. _____ spaghetti

15. _____ tortilla

15. _____ tuna