

# The Food Pyramid

**BE ACTIVE**  
Balance food  
with fun  
activities!



**GRAINS**  
Make half your  
grains whole!

**VEGETABLES**  
Eat different  
colors!

**FRUITS**  
Focus on  
Fruits!

**MILK**  
Your bones need  
calcium!

**MEAT & BEANS**  
Go lean!



Visit [www.ChefSolus.com](http://www.ChefSolus.com) for printable food groups and information worksheets for kids, nutrition education games, MyPyramid puzzles, activities and food pyramid charts!  
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