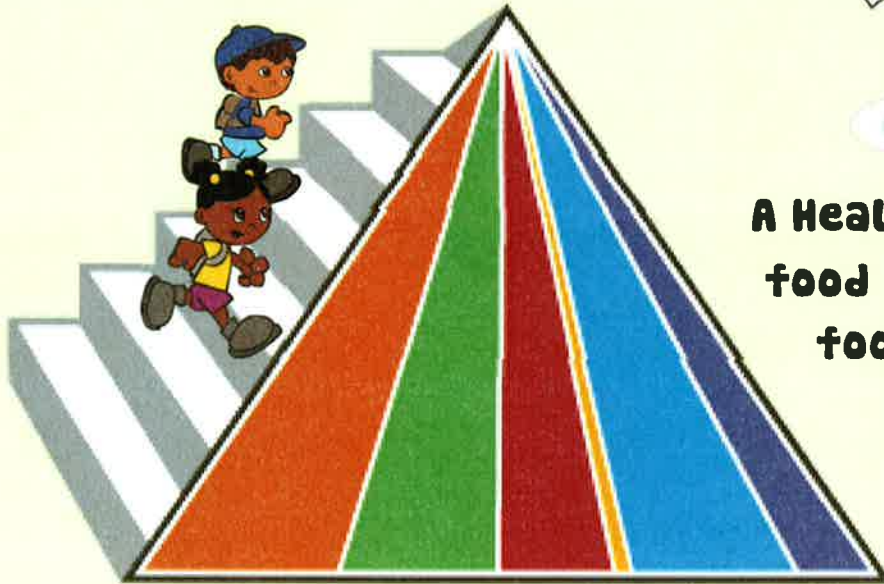


The Food Pyramid

Be active every day!



A Healthy Meal has food from all the food groups!



orange



grains



green



vegetables

red



fruits



yellow



fats and oils



blue



milk and dairy products

purple



meat, beans, fish, and nuts



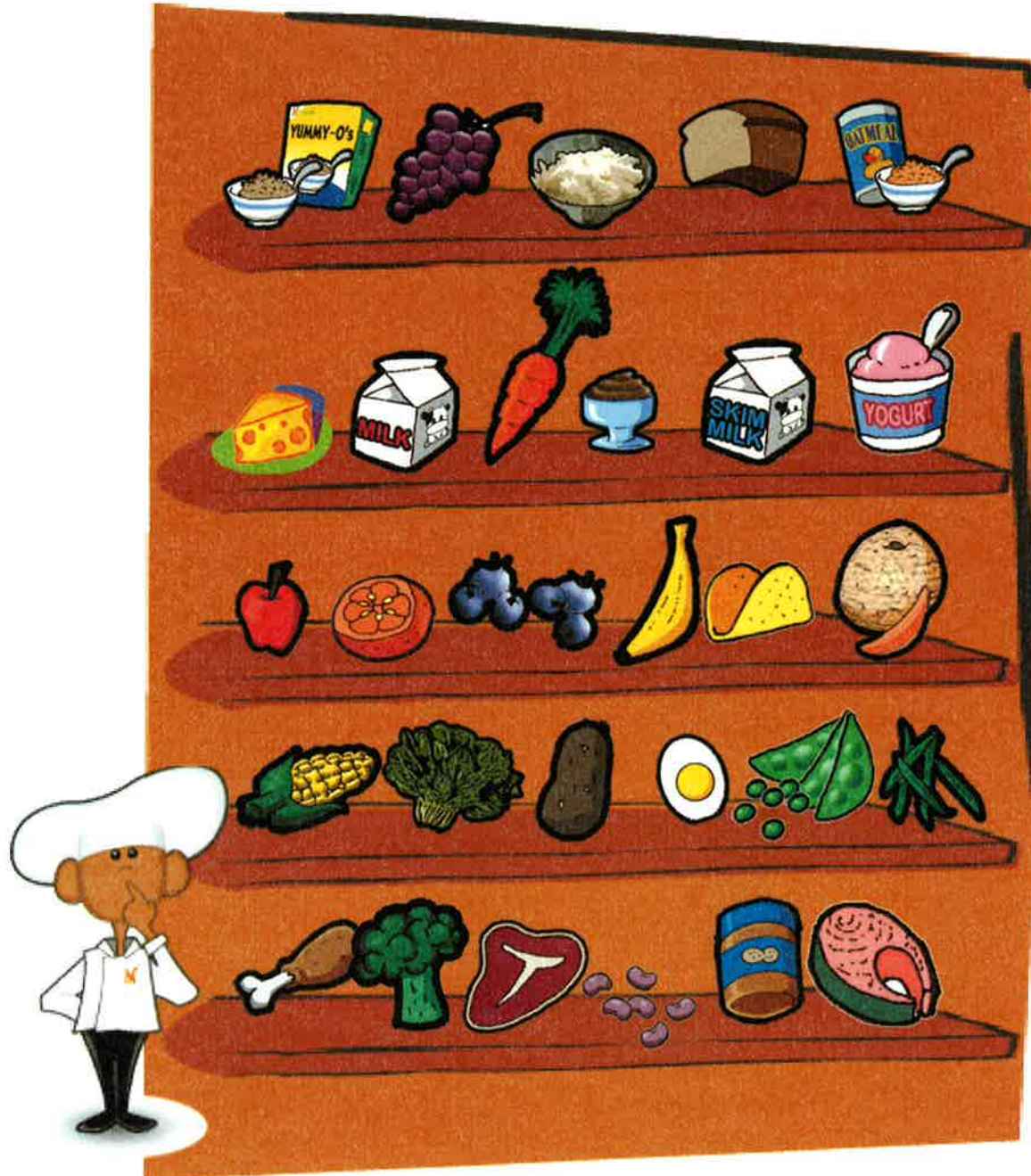
Visit www.ChefSolus.com for printable food pyramid pages for kids, early nutrition education games, puzzles, activities and more nutrition pages for children! Copyright © Nourish Interactive. All Rights Reserved

Chef Solus Food Groups in the Kitchen Worksheet

Help Chef Solus organize his pantry. He likes to place healthy foods together in the same food group.



Cross out the food item that does not belong on the shelf.

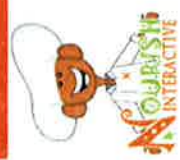


The Food Pyramid Fun - Healthy Food and Being Active



Be Active Every Day and Have Fun Eating Healthy Foods!

Visit www.Chef.Solus.com for healthy foods, creating balanced meals and being active, nutrition education games, puzzles, activities and more!
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KID EXPLORERS LOVE FRUITS AND VEGETABLES!

Veggies and Fruits add a rainbow of color to your meal.
Can you guess our names and what food group we belong to?

Put a square around all the fruits. Put a circle around all the vegetables.



The fun way to learn about nutrition.

Visit www.ChefSolus.com
for printable worksheets for kids,
nutrition education games,
puzzles, activities and more!

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FOOD PYRAMID MATCHING GAME

Help Chef Solus match the right foods with the right food group.
Draw a line from the food to its correct food group



FRUIT GROUP



MILK GROUP



GRAINS GROUP



MEAT AND BEANS GROUP



VEGETABLES GROUP



The fun way to learn about nutrition.

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