

**Objectives:**

Students will become more familiar with food groups.

**Procedures:**

- 1) Discuss the Food Pyramid with your students by listing the food groups and letting them give some examples of foods that fit into each category.
- 2) Pass out worksheet and label the food pyramid together.

**Assessment:**

Allow students to draw and label pictures that belong in each of the food pyramid's categories.

Worksheet on next page.

Name: \_\_\_\_\_

