

Eat Smart With MyPyramid For Kids

Draw a **circle** around the foods that are in the **Grain Group**



Bread



Sweet potato



Popcorn



Pasta (bow tie)



Cereal



Candy

Draw a **rectangle** around the foods that are in the **Vegetable Group**



Carrots



Spinach



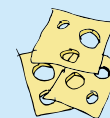
Grapes



Pasta (macaroni)



Broccoli



Swiss cheese

Draw a **square** around the foods that are in the **Fruit Group**



Corn



Orange juice



Apple



Banana



Strawberries



Muffin

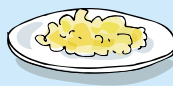
Draw a **triangle** around the foods that are in the **Milk Group**



1% Milk



Yogurt



Egg



American cheese



Cookies

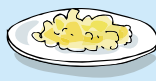


Orange juice

Draw an **oval** around the foods that are in the **Meat and Beans Group**



Peanut Butter



Egg



Beans



Chicken



Pork chop



Fish