

# ACTIVITY 5A: STUDENT WORKSHEET

## PERSONAL FOOD PYRAMID

CIRCLE ONE  
 MALE FEMALE # \_\_\_\_\_

### DAY 1

◀ SUGARS AND FATS ▶													
11	9	7	5	3	1	START ▼	2	4	6	8	10	12	
◀ DAIRY GROUP ▶							▶ PROTEIN GROUP ▶						
6	5	4	3	2	1	START ▲	1	2	3	4	5	6	
◀ VEGETABLE GROUP ▶							▶ FRUIT GROUP ▶						
7	6	5	4	3	2	1	START ▲	1	2	3	4	5	6
◀ BREAD GROUP ▶													
11	9	7	5	3	1	START ▼	2	4	6	8	10	12	

### DAY 2

◀ SUGARS AND FATS ▶													
11	9	7	5	3	1	START ▼	2	4	6	8	10	12	
◀ DAIRY GROUP ▶							▶ PROTEIN GROUP ▶						
6	5	4	3	2	1	START ▲	1	2	3	4	5	6	
◀ VEGETABLE GROUP ▶							▶ FRUIT GROUP ▶						
7	6	5	4	3	2	1	START ▲	1	2	3	4	5	6
◀ BREAD GROUP ▶													
11	9	7	5	3	1	START ▼	2	4	6	8	10	12	

UNIT 7