

ANALYSIS WORKSHEET

Compare your classmates “pyramid” (*it may not be in the shape of a pyramid*) with the *Food Guide Pyramid*. In each food category check to see if that person ate the appropriate number of servings in day 1 and in day 2. Make recommendations for each category. For example all teenagers need 3 servings from the dairy group. If the person that you are analyzing only had 1 serving you could recommend, “You need more servings in the dairy group. Drink milk or add cheese on your sandwiches. Melted cheese on vegetables is one of my favorites.”

Foods	Recommended Servings	Day 1 Servings	Day 2 Servings	Recommendations
Bread Group				
Fruits				
Vegetables				
Protein Group				
Dairy Group				
Sugars & Fats				