



A white circle containing a brown fork and spoon icon.

THE FOOD PYRAMID SORTING ACTIVITY

A fun way to learn about the 5 different food groups

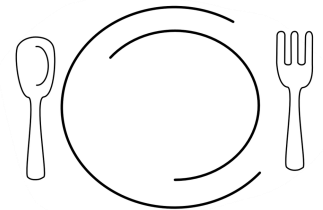


THE TOP SHELF - occasional treats (once or twice per week)



The top shelf has foods high in fat, sugar and salt such as sweets, fizzy drinks, chips, pizza etc..

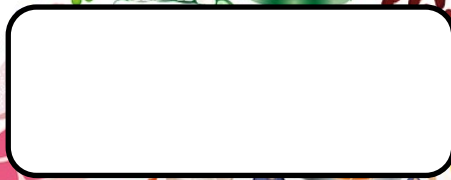
The Food Pyramid



Fats, spreads and oils



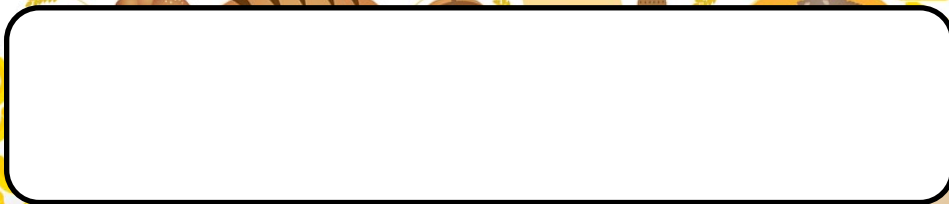
Meat, poultry, fish,
eggs, nuts



Milk, yoghurt,
cheese



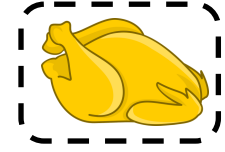
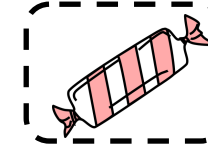
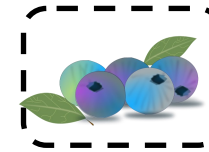
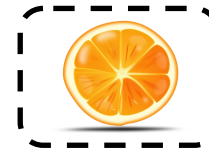
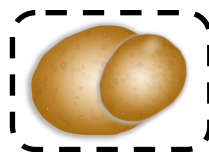
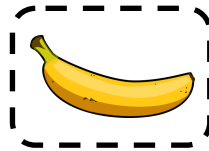
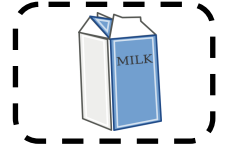
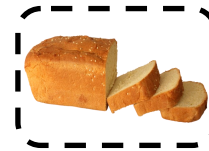
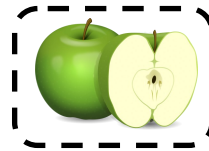
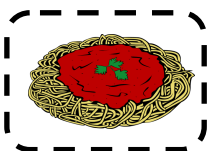
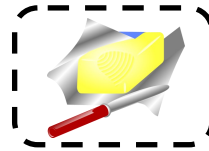
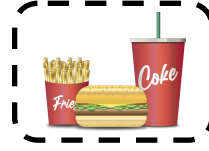
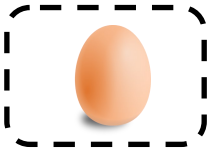
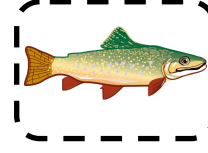
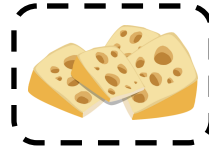
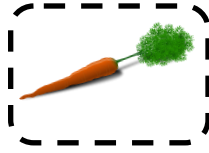
Wholemeal
cereals,
breads,
potatoes,
pasta



Vegetables, salads and fruits



Cut out the different foods below and place into the food pyramid



The Food Pyramid



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