

## Eat Smart with MyPyramid for Kids

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













Slice of bread

Baked potato

Popcorn

Pasta (bowtie)

Cereal

Candy bar

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



## Eat Smart with MyPyramid for Kids

Draw a (circle) around the foods that are in the Grain Group.

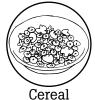




Baked potato



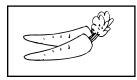






Candy bar

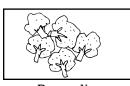
Draw a rectangle around the foods that are in the Vegetable Group.













Carrots

Spinach

Grapes

Pasta (macaroni)

Broccoli

Swiss cheese

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













Corn

Orange juice

Apple

Strawberries

Muffin

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







Egg

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



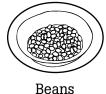


Cookies















Peanut butter

Egg

Chicken

Pork chop

Fish