

Name \_\_\_\_\_

Nutrition  
Reading a Diagram

## A Tasty Pyramid

A diagram is a drawing that explains something.  
Study the diagram.

Answer the questions in order.

1. What is the title of the diagram? \_\_\_\_\_
2. How many food groups are shown on the diagram? \_\_\_\_\_
3. List the name for each group. \_\_\_\_\_
4. Which group is shown in the largest section of the diagram? \_\_\_\_\_
5. List three foods shown in this group. \_\_\_\_\_
6. Which group is shown in the smallest section of the diagram? \_\_\_\_\_
7. Why do you think this group is shown in the smallest section? \_\_\_\_\_
8. Does the diagram show that a person should eat more servings of fruits or vegetables each day? \_\_\_\_\_
9. List two other food items that would fit into the meat group. \_\_\_\_\_
10. Does cheese belong to the meat group or the milk group? \_\_\_\_\_
11. Does the diagram show that a person should eat more or fewer than five servings from the milk group each day? \_\_\_\_\_
12. How often should a person eat the number of servings shown in each food group? \_\_\_\_\_



**Bonus Box!** Do you think you eat a balanced diet each day according to the Food Guide Pyramid? Explain your answer on the back of this sheet.

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