



Name _____

Food Worksheets Eating Healthy

Below is a healthy eating pyramid. Let's see what is in your meal today. Draw an X in each of the sections that you have in your meal today. See page two for complete healthy eating pyramid.

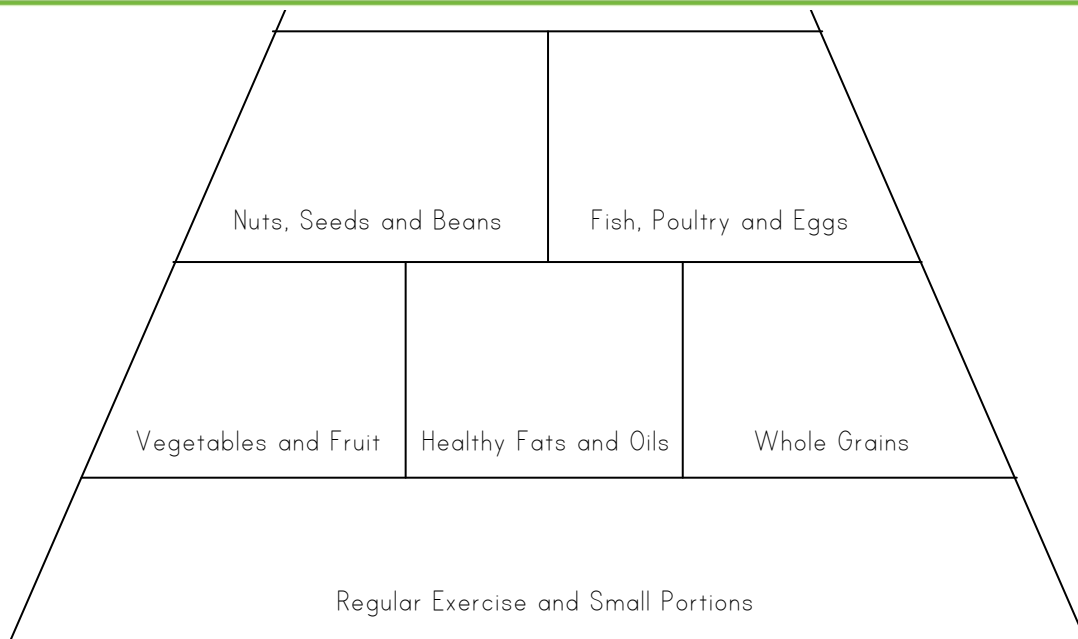
What's in
Your Meal?



PREVIEW

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Below is a detailed healthy eating pyramid along with some tips for healthy eating. All information below was obtained from the Harvard School of Public Health (www.thenutritionsource.org)

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



USE SPARINGLY:
RED MEAT, PROCESSED MEAT & BUTTER
REFINED GRAINS: WHITE RICE, BREAD & PASTA
POTATOES
SUGARY DRINKS & SWEETS
SALT



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VEGETABLES & FRUITS



HEALTHY FATS/OILS



WHOLE GRAINS

TRANS-FREE MARGARINE

WHOLE GRAINS:
BROWN RICE,
WHOLE WHEAT PASTA,
OATS, ETC.



DAILY EXERCISE & WEIGHT CONTROL



For more information about the Healthy Eating Pyramid:

WWW.THE NUTRITION SOURCE .ORG

Eat, Drink, and Be Healthy
by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)
Free Press/Simon & Schuster Inc.

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Healthy Eating Tips:



carbohydrates

Choose good carbs, not no carbs. Whole grains are your best bet.



protein

Pay attention to the protein package. Fish, poultry, nuts, and beans are the best choices.



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fiber

Choose a fiber-filled diet, rich in whole grains, vegetables, and fruits.



vegetables/fruits

Eat more vegetables and fruits. Go for color and variety—dark green, yellow, orange, and red.



calcium/milk

Calcium is important. But milk isn't the only, or even best, source.



healthier drinks

Water is best to quench your thirst. Skip the sugary drinks, and go easy on the milk and juice.



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vitamins

A daily multivitamin is a great nutrition insurance policy. Some extra vitamin D may add an extra health boost.