

## **Nutrition, Food Pyramid, Healthy Eating Video Lesson Worksheet**

### **Grade 5**

Watch the video **Nutrition, Food Pyramid, Healthy Eating**.

Answer the following questions while you are watching the video:

1. Draw the food pyramid described in the video, labeling the 5 sections of the food groups. List/draw examples in each group. Make sure you give at least 1 example of foods you eat in each group. Be creative and color each group.
2. How can knowing the food pyramid help you?
3. What are some healthy snacks you can eat from the food pyramid? Name at least 2 healthy snacks you eat from the food pyramid.
4. Plan a healthy meal you could make using all the groups from the food pyramid and describe it below.