

# A Pyramid of Food

Choose a card from each food group listed on the chart. You should select foods for a particular meal, including a snack.

Fill in the chart below:

Category	Item	Serving Size	# of servings	Total Calories	Total Fat	Protein
Milk (blue)	Skim Milk	8 fl. oz.	1.5	124.5	.3 g	12.39 g
Grains (orange)	Whole Wheat Bread	1 slice	2	124	2.1 g	4.86 g
Meat/Beans (purple)	Peanut Butter	1 tbsp.	2	188	16.12 g	8.02
Vegetables (green)	Carrots (Whole Raw Baby)	1 cup	1	50	.29 g	1.14 g
Fruits (red)	Peach	4 oz	1	61	.39 g	1.43 g
Oils (yellow)*						
Snack (pink)	Candy Bar (Small)	3 1/4" x 1 1/8" x 1/2"	1	225	15 g	5 g

\* Not Required

Answer the following:

		Convert Totals to a.....	
		Percent	Fraction in simplest form
Total Calories	772.5	77250%	$772\frac{1}{2}$
Total Fat	34.2	3420%	$34\frac{1}{5}$
Total Protein	32.84	3284%	$32\frac{21}{25}$

Remember this is one meal of your day. Recommended daily intake of calories should be around 2,000. Total fat per day should be less than 65 grams. Total protein per day should be 50-75 grams.

Questions to discuss at your table:	
Who has the least number of calories?	Which would be the most appealing to sit down and eat?
Who has the least number of fat?	Which would be the least expensive to prepare?
Who has the most protein?	Which would be the easiest to serve?

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