

# Where does the food belong?

## Taste Buds

Draw a line connecting each food to the shelf it belongs to on the Food Pyramid

The image shows a food pyramid with six horizontal levels, each with a different color and a corresponding label. To the right of the pyramid are various food items. A red triangle is positioned at the top of the pyramid, pointing downwards.

- Level 1 (Top):** Foods and drinks high in fat, sugar and salt. (Red triangle)
- Level 2:** Fats, spreads and oils
- Level 3:** Meat, poultry, fish, eggs, beans and nuts
- Level 4:** Milk, yogurt and cheese
- Level 5:** Wholemeal cereals and breads, potatoes, pasta and rice
- Level 6 (Bottom):** Vegetables, salad and fruit

Food items to be sorted:

- Broccoli
- Chicken nugget
- Vegetable oil
- Chicken drumstick
- Crackers
- Cheese
- Shredded cheese
- Pasta
- Potatoes
- Low-Fat Yogurt
- Oranges
- Mayonaisse
- Muffin
- Banana
- Baked beans