



Name _____

Hour _____

Video Worksheet

Directions: After watching MyPyramid: Pass It On! answer the following questions.

1. What do the bright bands of color represent on MyPyramid?
2. Name the food group for each color.
 - a. Orange _____
 - b. Green _____
 - c. Red _____
 - d. Yellow _____
 - e. Blue _____
 - f. Purple _____
3. Why are some stripes larger than others?
4. Why is there a person walking up the stairs on the side of MyPyramid?

5. MyPyramid says "Make half your grains whole." What does that mean?
6. What is the meaning of the slogan "Vary your veggies"?
7. Which fruit choices are recommended: fresh, frozen, canned, or dried?
8. Why are low-fat dairy products part of the MyPyramid plan?
9. MyPyramid says, "Go lean with protein." What proteins should we eat?
10. What hidden fats should we limit in order to be healthy?



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