

Name: _____

Nutrition Exploration

1. <http://www.nutritionexplorations.org/kids/nutrition-pyramid.asp>

FOOD GROUP	EXAMPLES OF FOOD IN THIS GROUP	NUTRIENTS FROM THESE FOODS

2. Go to [“Winning Combinations”](#) to answer the following:

Why is spaghetti a combination food?

What food group does it cover?

Think of another combination food and list it’s components.

3. Go to [“How Much Should You Eat?”](#)

How many servings of each food group should a person 9 or older have?

milk - meat - vegetables - fruit - grains -

4. Now, you may click on [“Activities”](#) and have some fun!

<http://www.nutritionexplorations.com>

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