

Fill in the Food Pyramid

This week on Food Dudes Fun at Home we are learning about the Food Pyramid. Fill in the blank Food Pyramid based on the questions below and colour it in after. Don't forget to check out the Food Dudes video online to learn all about the Food Pyramid before completing the activity below.

- Q1.** The Food Dudes bring you fruit and vegetables, where on the Food Pyramid are these found?
- Q2.** Where would the Junk Punks appear on the pyramid, in other words: the foods we should not eat every day.
- Q4.** Fill in the rest of the foods found on each shelf. When your finished, check if your right by looking at the Irish Food Pyramid on the Food Dudes website.
- Q5.** For a bonus task, can you write in how many portions we should get from each shelf, each day?

