



## Food Pyramid Work Sheet No. 1

The food pyramid shows the different types of food we choose from and helps us to know how much of each food type we need to eat.

We need to eat more of the foods at the bottom of the pyramid than we do the foods at the top. By following the recommendations of the food pyramid you can be sure that you are eating a balanced diet.

**Q: Can you put together a healthy sandwich following the rules of the food pyramid?**

Bread Type:

Filling 1:

Quantity:

Filling 2:

Quantity:

Filling 3:

Quantity:

Filling 4:

Quantity:

Filling 5:

Quantity:



**Tip: Visit: [www.irishpride.ie](http://www.irishpride.ie) for more details on the Food Pyramid**