



The Food Group Scoop



Making good food choices can keep you flying high! Follow these balloon strings to put the foods into the right food group baskets.

TIP: Try using a different colored pencil or crayon for each group, then color in the baskets!

Food Pyramid Color Key:

green	purple	orange	red	blue
vegetables	meat and beans	grains	fruits	milk

The activity consists of five balloons at the top, each containing different food items. Five strings connect these balloons to five baskets at the bottom. The baskets are labeled: Vegetables, Meat and Beans, Grains, Fruits, and Milk. The connections are as follows:

- Balloon 1 (Bread, eggs, cereal) connects to the Grains basket.
- Balloon 2 (Milk, cheese, yogurt) connects to the Milk basket.
- Balloon 3 (Banana, apple, orange slice) connects to the Fruits basket.
- Balloon 4 (Corn, broccoli, carrot) connects to the Vegetables basket.
- Balloon 5 (Tuna, eggs, chicken) connects to the Meat and Beans basket.



For more on the Food Pyramid, visit www.mypyramid.gov