Chef Solus and the Easter Egg Colors of the Food Pyramid

Follow these directions and find the five eggs that match the colors of the Food Pyramid!

Draw a **circle** around the egg that matches the **grains group**. Look for the word "whole" grains for healthy fiber.

Draw a **star** on the egg that matches the **vegetables group**. Eats lots of veggies every day and your body will thank you!

Draw a square on the egg that matches the fruit group. Eat fruit for a tasty snack!

Draw a **triangle** on the egg that matches the **milk group**. The milk group keeps your teeth and bones strong.

Draw an X on the egg that matches the **meat & beans group**. Try some seeds and nuts for a healthy protein.



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