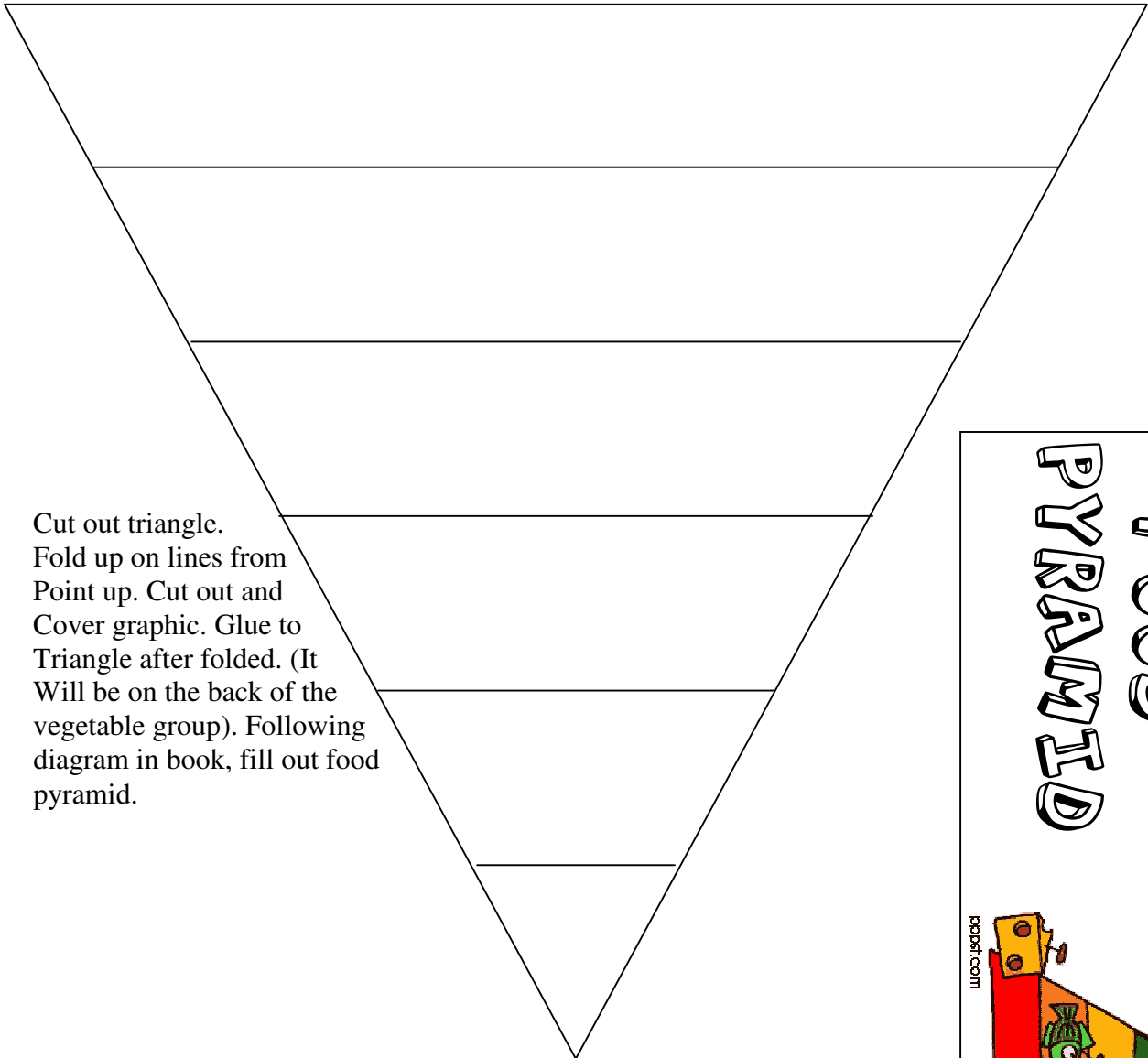


Protein	Minerals	Fiber
Carbohydrates	Vitamins	Fats

Print on cardstock. Cut out all cards on solid lines.  
On each card, write where the nutrients are found and why they are needed.  
Cut out pocket as one piece. Fold under tabs and glue into lapbook.  
Stack cards from smallest to largest and store in pocket.



Cut out triangle.  
Fold up on lines from  
Point up. Cut out and  
Cover graphic. Glue to  
Triangle after folded. (It  
Will be on the back of the  
vegetable group). Following  
diagram in book, fill out food  
pyramid.

