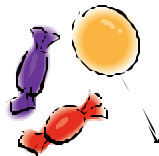
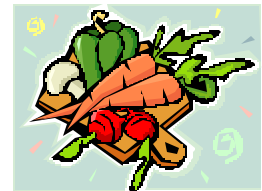


Egyptians and the PKU Food Pyramid

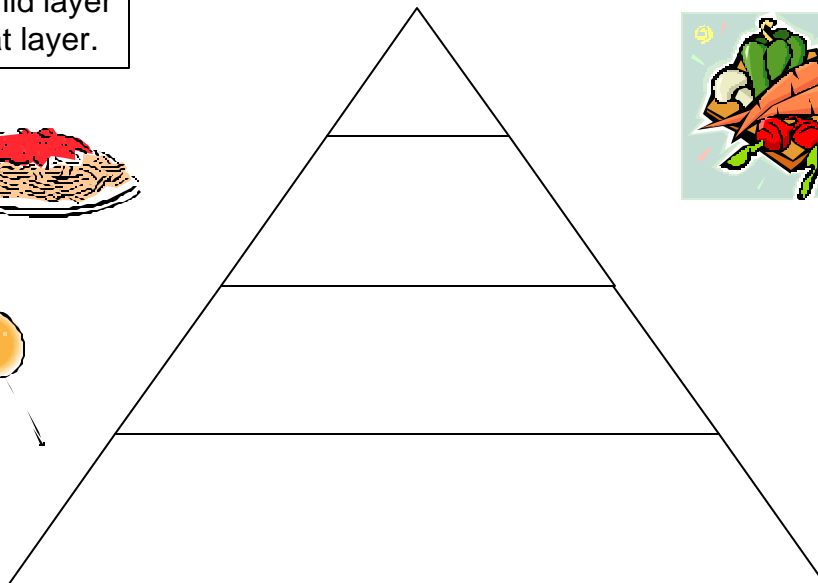
Answer the following statements by circling “T” for True or “F” for False.

1. T F The pyramids were built by the Egyptians during 2,700—1,640 B.C.
2. T F A good bottom layer is essential for the strength of any pyramid
3. T F More than 1,000 pyramids were built by the Egyptians.
4. T F The pyramid is a strong, sensible shape because the majority of the stones (or foods) are in the bottom half.
5. T F The bottom layer of the PKU Pyramid contains candies and sweets.
6. T F Smaller quantities of food are needed as you move up towards the top of the PKU Food Pyramid.
7. T F Formula builds the bottom layer of the PKU Food Pyramid.
8. T F The PKU Food Pyramid is an easy way to understand food choices.
9. T F It took 5,000 workers every day for 20 years to build some pyramids.
10. T F I can build my own food pyramid every day by drinking my formula and choosing the right foods.

Draw a line from the pyramid layer to the foods that build that layer.



formula



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