



NUTRITION AND HEALTH:

TRUE OR FALSE?

- Nutrition is how we get the food we need to grow healthy and strong. ☐
- Eating good foods is especially important for adults because they aren't growing. ☐
- There are one hundred main food groups that you should eat every day to grow and be healthy. ☐

MATCH.

- | | |
|--------------|---|
| ▪ Grains | milk, cheese, yogurt. |
| ▪ Dairy | apples, oranges, berries,
grapes, bananas. |
| ▪ Fruits | beef, chicken, pork,
eggs, nuts, fish. |
| ▪ Vegetables | bread, cereal, pasta, rice. |
| ▪ Protein | broccoli, beans, spinach,
carrots, peas. |

