

Instructions: Type the words in the sentences.

Healthy Eating is Important!

- 1) Eat fruit and _____ at every meal.
- 2) Choose _____ fruit, not juice
- 3) Make _____ your plate with fruit or vegetables
- 4) Eat frozen or canned fruit or vegetables in the _____
- 5) Choose whole _____ foods, not white
- 6) Make _____ of your plate with whole grain foods.
- 7) Make $\frac{1}{4}$ of your plate with _____ foods
- 8) Drink _____ with meals.
- 9) List 2 foods for each group.

Vegetables and fruit	Whole Grain Foods	Protein Foods

Word List:

water grain whole $\frac{1}{4}$
 protein vegetables $\frac{1}{2}$ winter

Instructions: Look at the chart.



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18

Instructions: Type the food words.

1		7		13	
2		8		14	
3		9		15	
4		10		16	
5		11		17	
6		12		18	

Click **Finish!!**