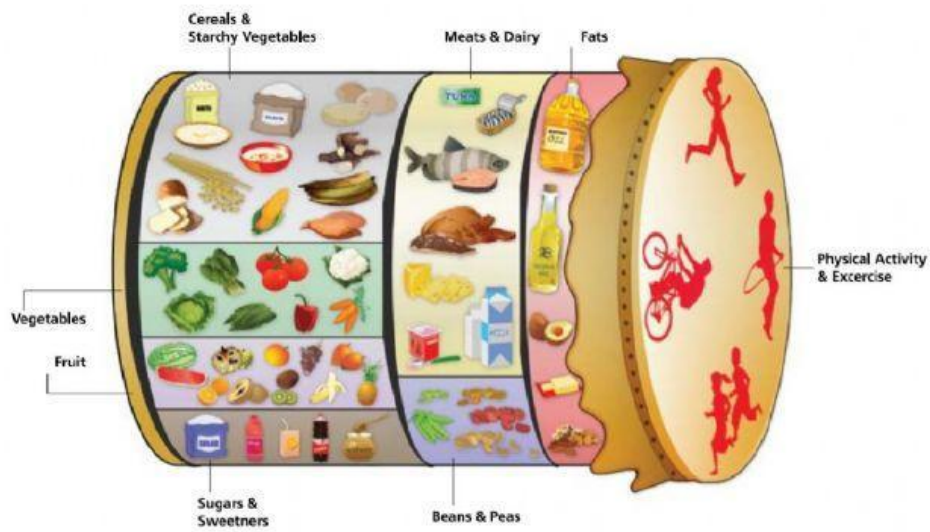


Name _____

Date _____

Health and Family Life

Watching Our Diet



Use the Food Drum above to list the following:

1. Two vegetables: _____
2. Two fruits: _____
3. Two sugar and sweeteners: _____
4. Two beans and peas: _____
5. Two meats: _____
6. Two dairy: _____
7. Two fats: _____
8. Cereal and starchy vegetables: _____

9. Explain the difference between food servings and portion size.