Name: _____

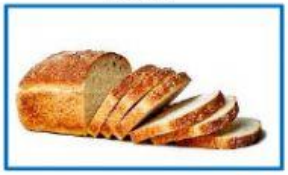
GO, GROW & GLOW WORKSHEET

1. Match the go, grow and glow foods with how they help our body.

Go food ■	■ Helps body grow and develop into a strong, healthy adult.
Grow food ■	■ Gives body energy.
Glow food ■	■ Good for eyes, teeth and skin.

2. Place the foods below by whether they are go, grow or glow foods.

bread



fish



pasta



chicken





beef



bok choy



grapefruit



rice



cauliflower

Go foods	Grow foods	Glow foods

LIVEWORKSHEETS