

Name:

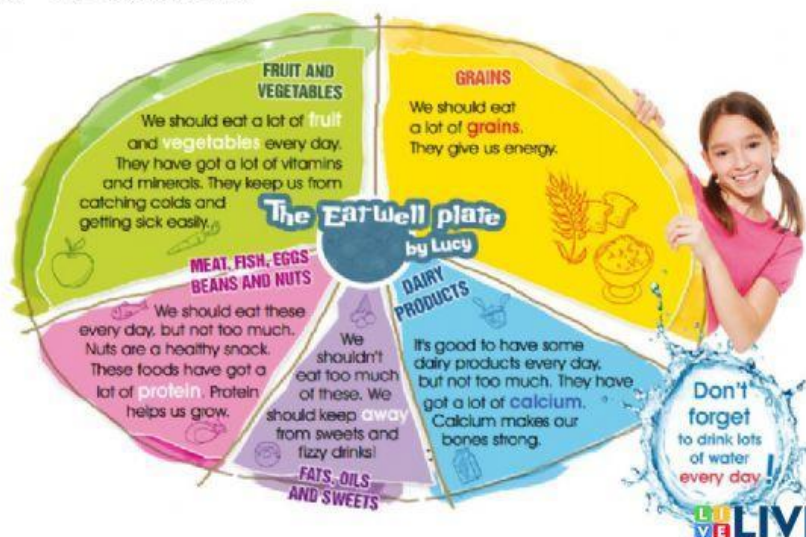
Date:

Grade:

Wonder Skills (Reading and Writing)

The Eat Well Plate Activity

1. Read and answer the questions.



1 Which food group gives us energy? ...

2 Which food group keeps us from getting sick? ...

3 Which food group makes our bones strong? ...

4 Which food group helps us grow? ...

5 Which food group should we only eat a little of? ...