

Name: _____

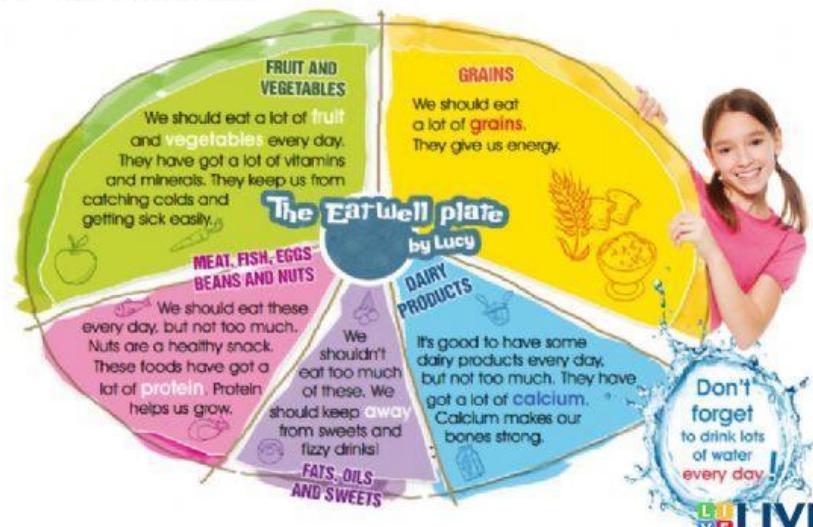
Date: _____

Grade: _____

Wonder Skills (Reading and Writing)

The Eat Well Plate Activity

1. Read and answer the questions.



LIVEWORKSHEETS

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? 