Activity 4

## Meat, eggs and legumes

Look at the list of meat, eggs and legumes below. In pairs, work out which of the foods are meat sources and which are non-meat sources from this food group.

| | | | | |
|---|---|---|---|---|
| Beef | Salmon | Eggs | Sunflower seeds | Lamb |
| Shrimps | Hazelnuts | Chicken | Beans | Pumpkin seeds |

| Meat sources | Non-meat sources |
|---|---|
| | |

LIVEWORKSHEETS