

Name _____ Class _____ Number _____

Food Selection



<< Click on this button to play!

Directions: Listen and choose the correct answer.

Cereals



Choose rice, _____, red beans, or green beans. When you use grains like beans, you should choose ones that are _____ and whole and don't smell musty. No sand or other things that don't belong.

Rhizomes



When choosing sweet _____, potatoes, taro, and other rhizomes, look for ones that are solid and don't have any _____.

Fruits



Fruits should have whole _____, bright colors, a lot of water, no mold, and shouldn't or _____.

Seafood



: Fresh shrimps are bright and don't smell bad or _____.

Meat



When buying meat, you should choose a shop with _____ and a certificate of electric slaughter, or one with the CAS excellent meat mark.

Vegetables



For leafy vegetables, choose ones with fresh, leaves that aren't withering or have _____.