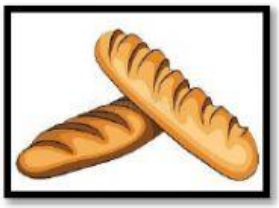
A. These foods belong to the bread and cereal group. Label each picture with the correct name.

rice chapati oatmeal spaghetti
cornflakes bread buns baguette










B. Select the correct option.

1. Bread and cereal foods come from
   (a) animals (b) rocks (c) grain.

2. The number of servings you need each day from this food group is
   (a) one (b) at least four (c) at least ten.

3. Foods in the bread and cereal group give you
   (a) heat (b) energy (c) vitamins and minerals.

4. If vitamins and minerals have been added to bread, the bread is called
   (a) enriched bread (b) stale bread (c) brown bread.

LIVEWORKSHEETS