Practice

Activity #1: Complete each sentence with the correct information. Use the following words:

- vegetables - animal - diet - grains - food groups -

1. A _____ is everything we eat.

2. Foods can be classified into different _____ _____.

   The groups are:

→ Fruits and _____, for example apples and carrots.

→Legumes and _____ products, like beans and chicken.

→_____ and tubers, for example rice and potatoes.

Activity #2: Write what is asked in each statement:

a) Write two examples of fruits: _____ and _____

b) Write one example of vegetable: _____

c) Write two examples of food from the Grains and tubers group:_____ and

   _____

d) Write two examples of legumes and animal products: _____ and

   _____

e) Write two examples of unhealthy foods: _____ and _____