

## 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 \_\_\_\_\_

