A Read the article. Circle **T** for *true* or **F** for *false*.

1. Some countries give information to help people make good food choices. T F
2. The countries in the article are the US, Korea, and Brazil. T F
3. The US chart is a triangle. T F
4. The US chart says you only need a little milk or yogurt. T F
5. The Korean chart includes coffee and tea. T F
6. Brazil's food groups are the same as Korea's. T F
7. Unprocessed food has chemicals and preservatives. T F
8. Natural or unprocessed food is good for you. T F

B Write the food groups in order from the food you need a lot of (1) to the food you only need a little of (3).

1. _____
2. _____
3. _____

dairy | fruits and protein | vegetables and grains

C Answer the questions.

1. What foods are in the protein group? Give two examples. _____
2. How many food groups does Korea's chart have? _____
3. What groups are on the Korean chart and not on the US chart? _____
4. How many food groups are in Brazil's food guide? _____
5. What are Brazil's food groups? _____
6. In Brazil, fresh vegetables are an example of which food group? _____
7. In Brazil, a bag of potato chips is an example of which food group? _____

D Which country's food information do you think is the most helpful? Why?

_____

_____

_____

_____

_____

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