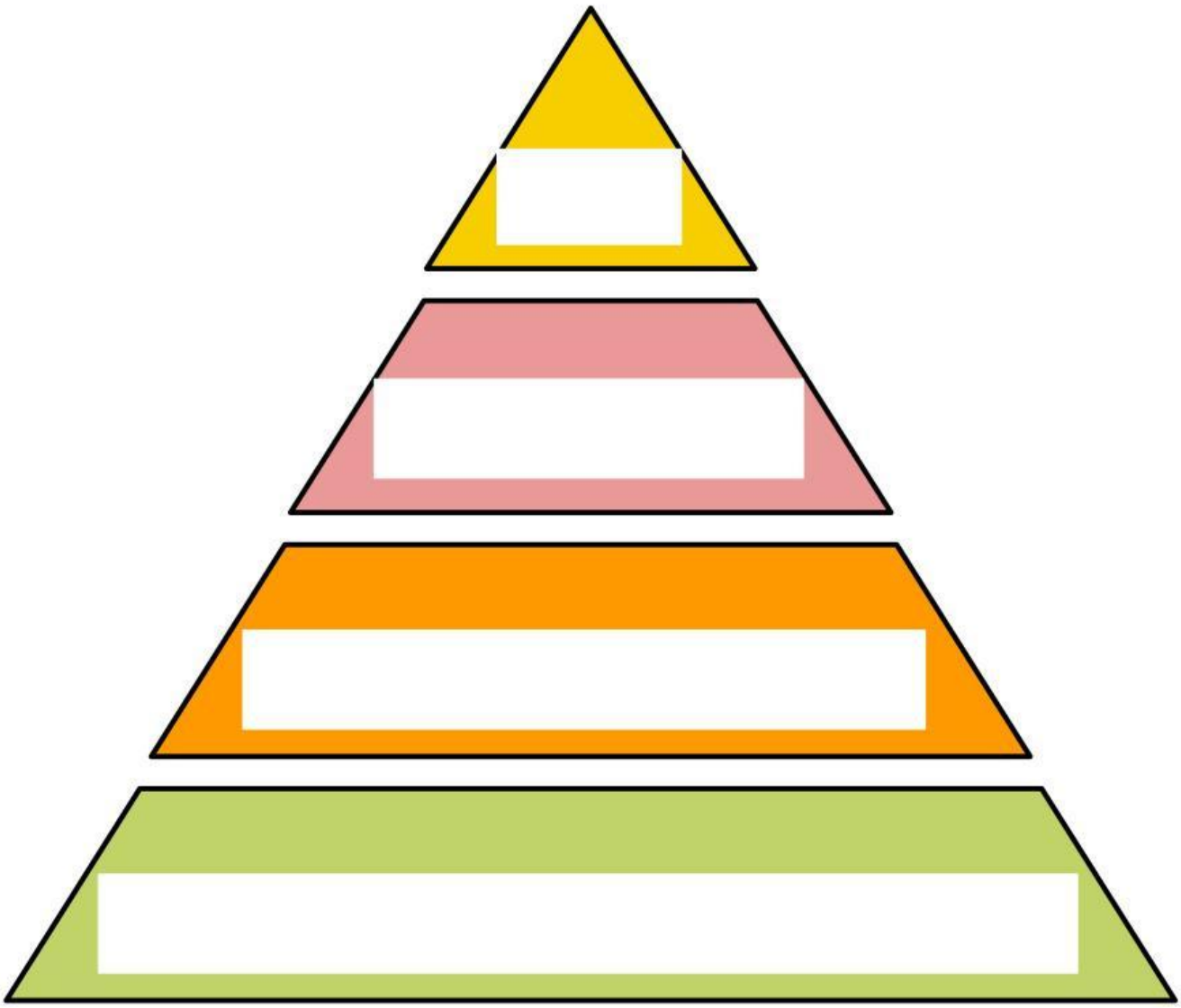
Name: _____ Date: | | | -- | | | -- | | |

Instructions:

1. Write the different food groups the the boxes below.

1.



Helping Words:			
Grains	*Meat and dairy*	*Healthy fats*	*Fruits and vegetables*

LIVEWORKSHEETS

Instructions:
Match the items to the food groups.

2.

Fruits and Vegetables	
1	
2	
3	
4	
5	

 Bok Choy	 Bacon	 Spaghetti	 Potato	 Cashew nuts
 Butter	 Ginger	 Raspberries	 Chicken nuggets	 Grapes

LIVEWORKSHEETS

Instructions:
Match the items to the food groups.

3.

	Grains
1	
2	
3	
4	
5	

 Jasmine rice	 Milo	 Brown rice	 Drumlets	 Plain flour
 Tortillas	 Wholemeal bread	 Lettuce	 Macaroni	 Ice cream

LIVEWORKSHEETS

Instructions:
Match the items to the food groups.

4.

	Meat and Dairy
1	
2	
3	
4	
5	

 Basmati rice	 Butter	 Tomato	 Fried prawns	 Mushroom
 Mashed potato	 Fried fish	 Chicken wings	 Scrambled eggs	 Cheese

LIVEWORKSHEETS

Instructions:
Match the items to the food groups.

4.

	Healthy fats
1	
2	
3	
4	
5	

 Beef steak	 Olive oil	 Peanut	 Calamari	 Vegetable oil
 Boiled egg	 Onion	 Soya milk	 Apple	 Almond nut

LIVEWORKSHEETS

Instructions:
Read the questions and answer the questions.

1. What is the meaning of Healthier Choice logo?

2. What is the meaning of Nutri-Grade logo? A B C D

3. Tick ☑️ the products with the 'Healthier Choice' symbol.		
		
❑ **Maggi Chili Sauce**	❑ **Lingham's Chili Sauce**	❑ **ABC Chili Sauce**

LIVEWORKSHEETS

4. Tick ☑️ the products with the 'Healthier Choice' symbol.

		
❑ Mamee snack	❑ Cheezels	❑ Drumstick snack

5. Tick ☑️ the products with the 'Healthier Choice' symbol.

		
❑ Prime Ice Pop	❑ Coconut water	❑ Frappuccino

LIVEWORKSHEETS