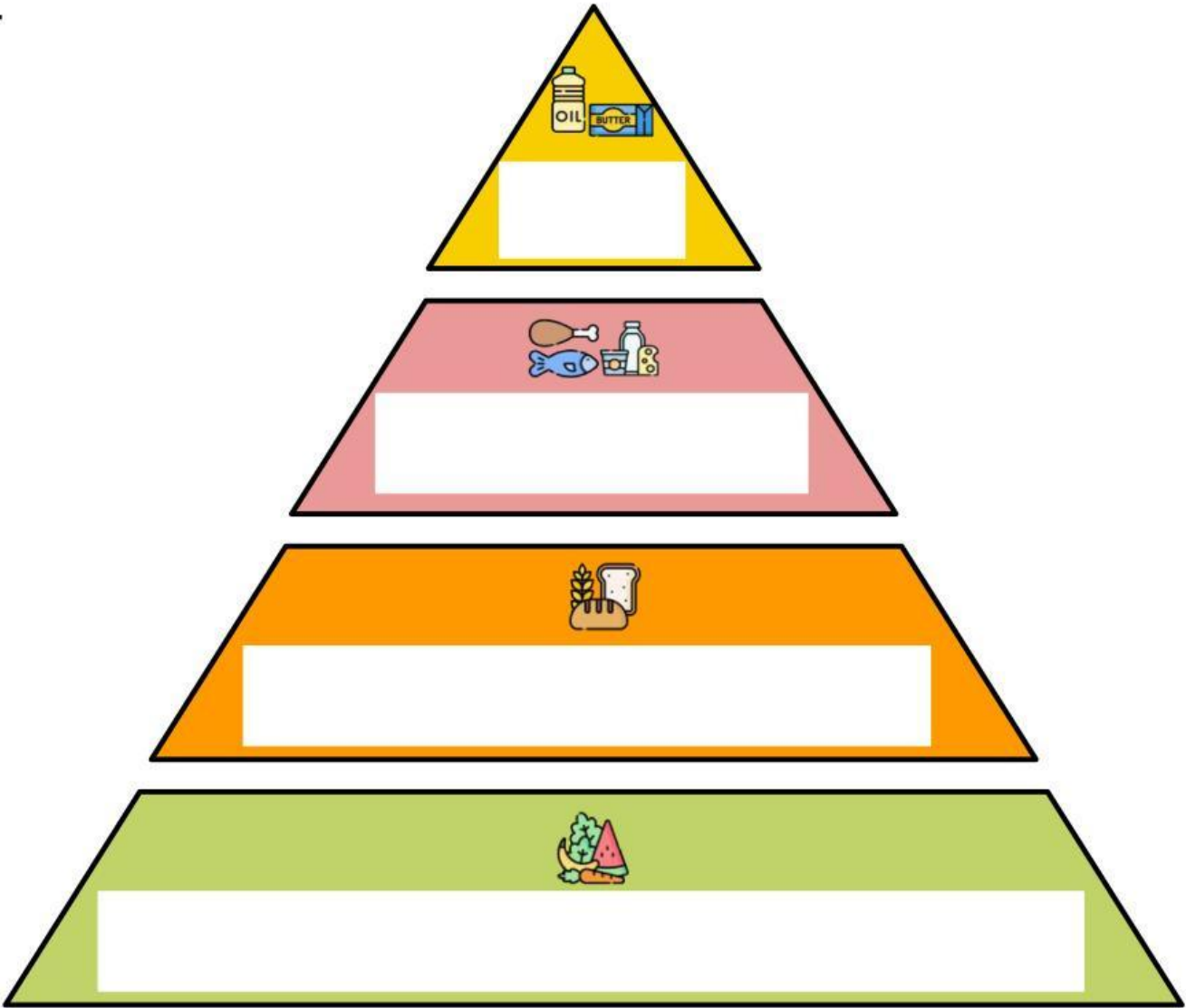


Name: _____ Date:

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

1.














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

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

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

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

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

Instructions:

Read the questions and answer the questions.

1. What is the meaning of Healthier Choice logo?



- ☐ Food product is **healthier** compared to other similar products.
- ☐ Food product is **unhealthier** compared to other similar products.

2. What is the meaning of Nutri-Grade logo?



- ☐ Shows how much **sugar and salt** are in drinks
- ☐ Shows how much **sugar and fat** are in drinks

3. Tick ☒ the products with the 'Healthier Choice' symbol.



☐ Maggi Chili Sauce



☐ Lingham's Chili Sauce



☐ ABC Chili Sauce

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