

Name: _____

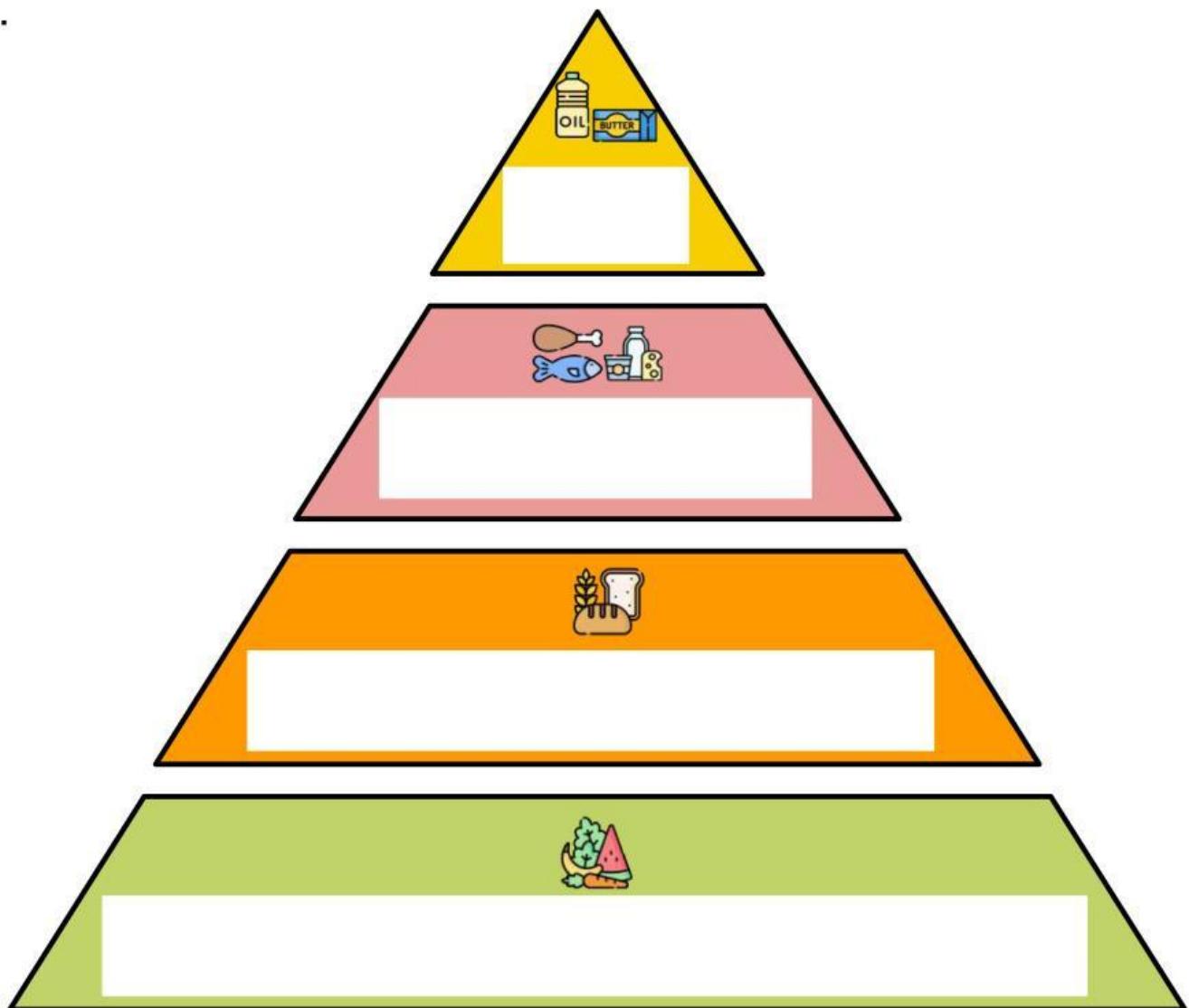
Date:

--	--	--	--	--	--	--	--	--	--

Instructions:

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

1.



Helping Words:

Grains

Meat and dairy

Healthy fats

Fruits and vegetables

Instructions:

Match the items to the food groups.

2.



Fruits and Vegetables

1	
2	
3	
4	
5	

A head of green bok choy with white stems.	A strip of cooked bacon.	A plate of spaghetti pasta.	A whole yellow potato.	A pile of cashew nuts.
A pat of butter on a plate.	A pile of ginger root and some raspberries.	A pile of fresh raspberries.	A pile of chicken nuggets.	A bunch of red 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