

Name: _____

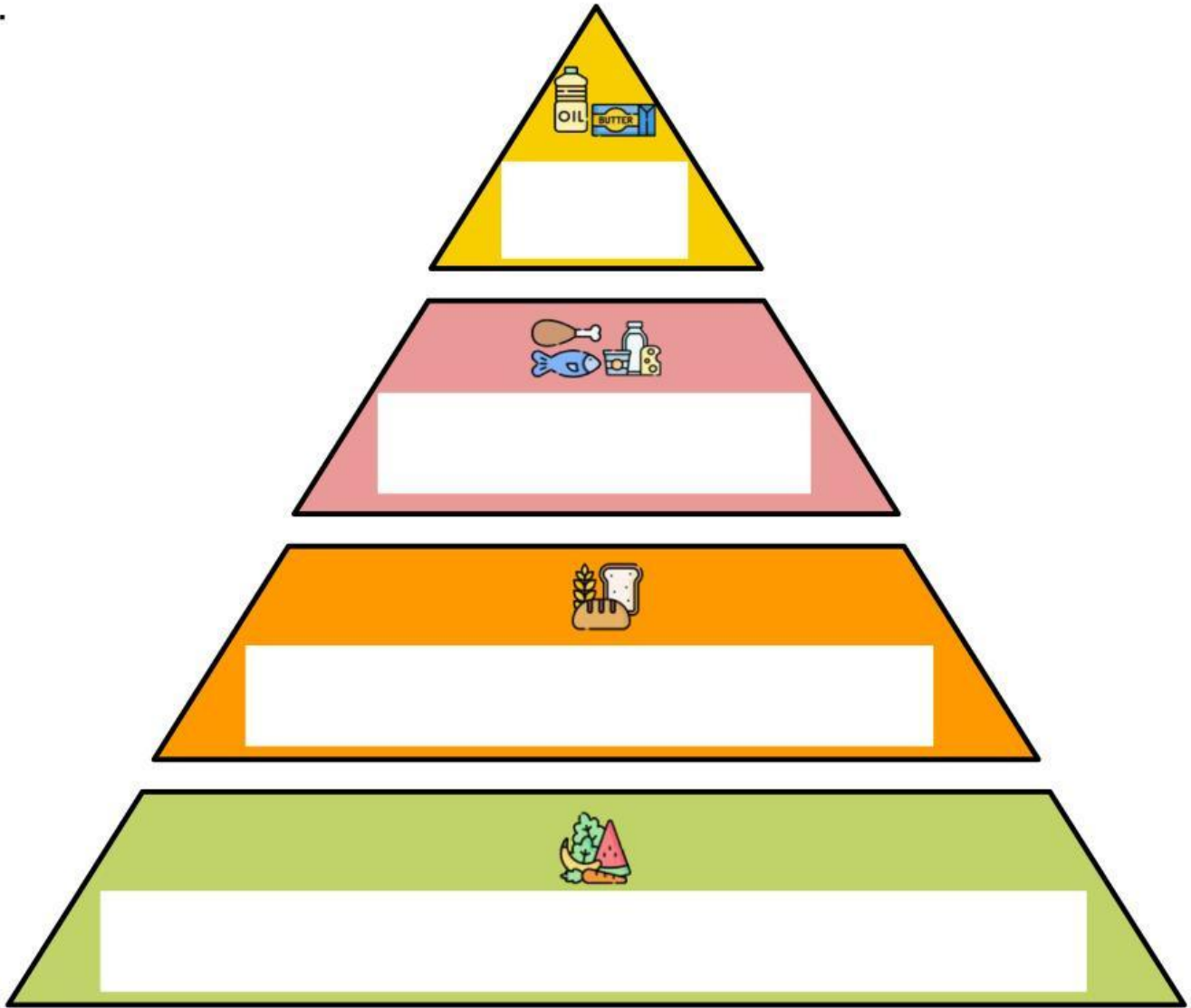
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Instructions:

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

1.




Helping Words:











<i>Grains</i>	<i>Meat and dairy</i>	<i>Healthy fats</i>	<i>Fruits and vegetables</i>
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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.



- | | | |
|--|--|--|
| <input type="checkbox"/> Maggi Chili Sauce | <input type="checkbox"/> Lingham's Chili Sauce | <input type="checkbox"/> 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