

## Pack 3 -Low

Group:\_\_\_\_\_Class:\_\_\_\_\_

**Question 1:** Circle the food that is rich in protein.  
Underline the food that is rich in carbohydrates.



**Question 2:** Read and answer.

**Ms. Leah:** A, why do you look so tired?

**Student A:** Ms. Leah, I'm so hungry! I've been practicing running all morning for my competition next week.

**Ms. Leah:** You should eat something, A!

**Student A:** Yeah, that makes sense. Should I eat this chocolate bar?

**Ms. Leah:** I don't think so—chocolate won't give your body the nutrients it needs to stay strong and healthy.

**Student A:** So... what should I eat instead?

**Ms. Leah:** Well, you should eat foods that are packed with vitamins, help keep your immune system strong, and are usually green, orange, or red. They grow in the ground or on plants. Can anyone guess what food group I'm talking about?

- A. vegetable
- B. protein
- C. carbohydrate
- D. sugar

**Question 3:** Tom weighs 4 pounds, and his friend weighs 70 ounces. Who is heavier?

- A. Tom
- B. Tom's friend
- C. They weigh the same
- D. Not enough information

**Question 4:** Match the types of precipitation.

Rain



Snow



Sleet



Hail

