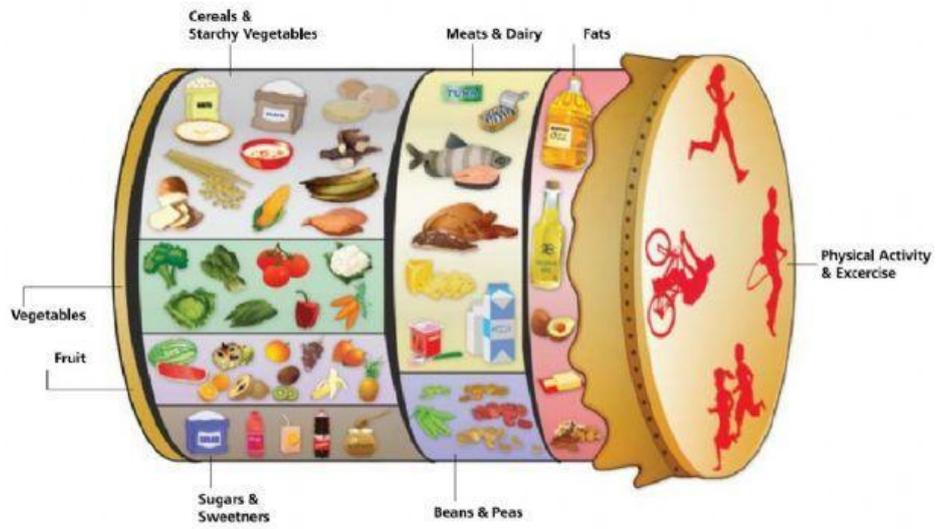


Name _____

Date _____

Health and Family Life

Watching Our Diet



Use the Food Drum above to list the following:

1. Two vegetables: _____

2. Two fruits: _____

3. Two sugar and sweeteners: _____

4. Two beans and peas: _____

5. Two meats: _____

6. Two dairy: _____

7. Two fats: _____

8. Cereal and starchy vegetables: _____

9. Explain the difference between food servings and portion size.