



NUTRITION AND HEALTH:

TRUE OR FALSE?

- Nutrition is how we get the food we need to grow healthy and strong.
- Eating good foods is especially important for adults because they aren't growing.
- There are one hundred main food groups that you should eat every day to grow and be healthy.

MATCH.

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| ▪ Grains | milk, cheese, yogurt. |
| ▪ Dairy | apples, oranges, berries, grapes, bananas. |
| ▪ Fruits | beef, chicken, pork, eggs, nuts, fish. |
| ▪ Vegetables | bread, cereal, pasta, rice. |
| ▪ Protein | broccoli, beans, spinach, carrots, peas. |

