

Practice

Activity #1: Complete each sentence with the correct information. Use the following words:

- vegetables - animal - diet - grains - food groups -

1. A _____ is everything we eat.
2. Foods can be classified into different _____.

The groups are:

- Fruits and _____, for example apples and carrots.
- Legumes and _____ products, like beans and chicken.
- _____ and tubers, for example rice and potatoes.

Activity #2: Write what is asked in each statement:

- a) Write two examples of fruits: _____ and _____
- b) Write one example of vegetable: _____
- c) Write two examples of food from the Grains and tubers group: _____ and _____
- d) Write two examples of legumes and animal products: _____ and _____
- e) Write two examples of unhealthy foods: _____ and _____

