UNIT 4

A Read the article. Circle **T** for *true* or **F** for *false*.

1.	Some countries give information to help people make good food choices.	T	F
2.	The countries in the article are the US, Korea, and Brazil.	T	F
3.	The US chart is a triangle.	T	F
4.	The US chart says you only need a little milk or yogurt.	T	F
5.	The Korean chart includes coffee and tea.	T	F
6.	Brazil's food groups are the same as Korea's.	T	F
7.	Unprocessed food has chemicals and preservatives.	T	F
8.	Natural or unprocessed food is good for you.	T	F

B Write the food groups in order from the food you need a lot of (1) to the food you only need a little of (3).

1. _____
2. _____
3. _____

dairy fruits and protein vegetables and grains

C Answer the questions.

1. What foods are in the protein group? Give two examples. _____
2. How many food groups does Korea's chart have? _____
3. What groups are on the Korean chart and not on the US chart? _____
4. How many food groups are in Brazil's food guide? _____
5. What are Brazil's food groups? _____
6. In Brazil, fresh vegetables are an example of which food group? _____
7. In Brazil, a bag of potato chips is an example of which food group? _____

D Which country's food information do you think is the most helpful? Why?

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_____

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