☑ **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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