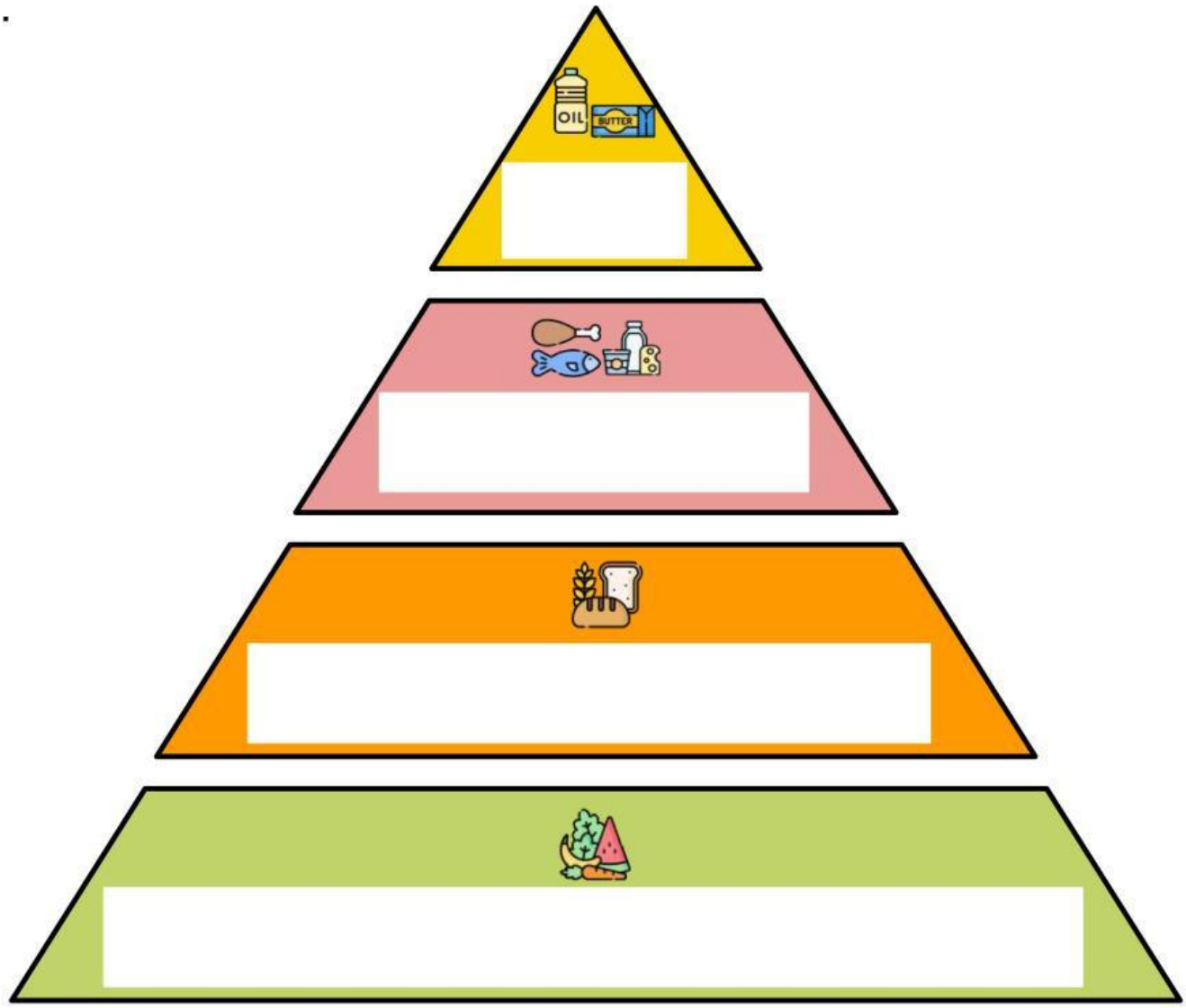
Name: _____ Date: | | | -- | | | -- | | |

Instructions:

1. Write the different food groups the the boxes below.

1.



Helping Words:			
Grains	*Meat and dairy*	*Healthy fats*	*Fruits and vegetables*

LIVEWORKSHEETS

Instructions:
Match the items to the food groups.

2.

	Fruits and Vegetables
1	
2	
3	
4	
5	

Bok Choy	Bacon	Spaghetti	Potato	Cashew nuts
Butter	Ginger	Raspberries	Chicken nuggets	Grapes

LIVEWORKSHEETS

Instructions:
Match the items to the food groups.

3.

	Grains
1	
2	
3	
4	
5	

Jasmine rice	Milo	Brown rice	Drumlets	Plain flour
Tortillas	Wholemeal bread	Lettuce	Macaroni	Ice cream

LIVEWORKSHEETS

Instructions:
Match the items to the food groups.

4.

	Meat and Dairy
1	
2	
3	
4	
5	

Basmati rice	Butter	Tomato	Fried prawns	Mushroom
Mashed potato	Fried fish	Chicken wings	Scrambled eggs	Cheese

LIVEWORKSHEETS

Instructions:
Match the items to the food groups.

4.

	Healthy fats
1	
2	
3	
4	
5	

Beef steak	Olive oil	Peanut	Calamari	Vegetable oil
Boiled egg	Onion	Soya milk	Apple	Almond nut

LIVEWORKSHEETS

Instructions:
Read the questions and answer the questions.

1. What is the meaning of Healthier Choice logo?

- ❑ Food product is **healthier** compared to other similar products.
- ❑ Food product is **unhealthier** compared to other similar products.

2. What is the meaning of Nutri-Grade logo? A B C D

- ❑ Shows how much **sugar and salt** are in drinks
- ❑ Shows how much **sugar and fat** are in drinks

3. Tick ☑ the products with the 'Healthier Choice' symbol.

❑ **Maggi Chili Sauce**	❑ **Lingham's Chili Sauce**	❑ **ABC Chili Sauce**

LIVEWORKSHEETS

4. Tick ☑️ the products with the 'Healthier Choice' symbol.		
❑ Mamee snack	❑ Cheezels	❑ Drumstick snack

5. Tick ☑️ the products with the 'Healthier Choice' symbol.		
❑ Prime Ice Pop	❑ Coconut water	❑ Frappuccino

LIVEWORKSHEETS