HEALTHY EATING / MONDAY

Food Groups & Healthy Choices

Name: _____ Level 3

1. Which food belongs to the FRUITS group?



1 Broccoli



2 Strawberries

A. Name another fruit: _____

2. Which food belongs to the GRAINS group?



1 Bread



2 Fish

A. Is rice also a grain? ○ Yes ○ No

3. Which snack is a healthier everyday choice?



1 Chips



2 Carrots

A. Why? ○ More vegetables ○ More added salt

4. Which food belongs to the DAIRY group?



1 Milk



2 Apple

A. Name another dairy food: _____

5. A meal has chicken and rice. What adds a different food group?



1 Broccoli



2 Bread

A. Which food group did you add? _____

LIVEWORKSHEETS