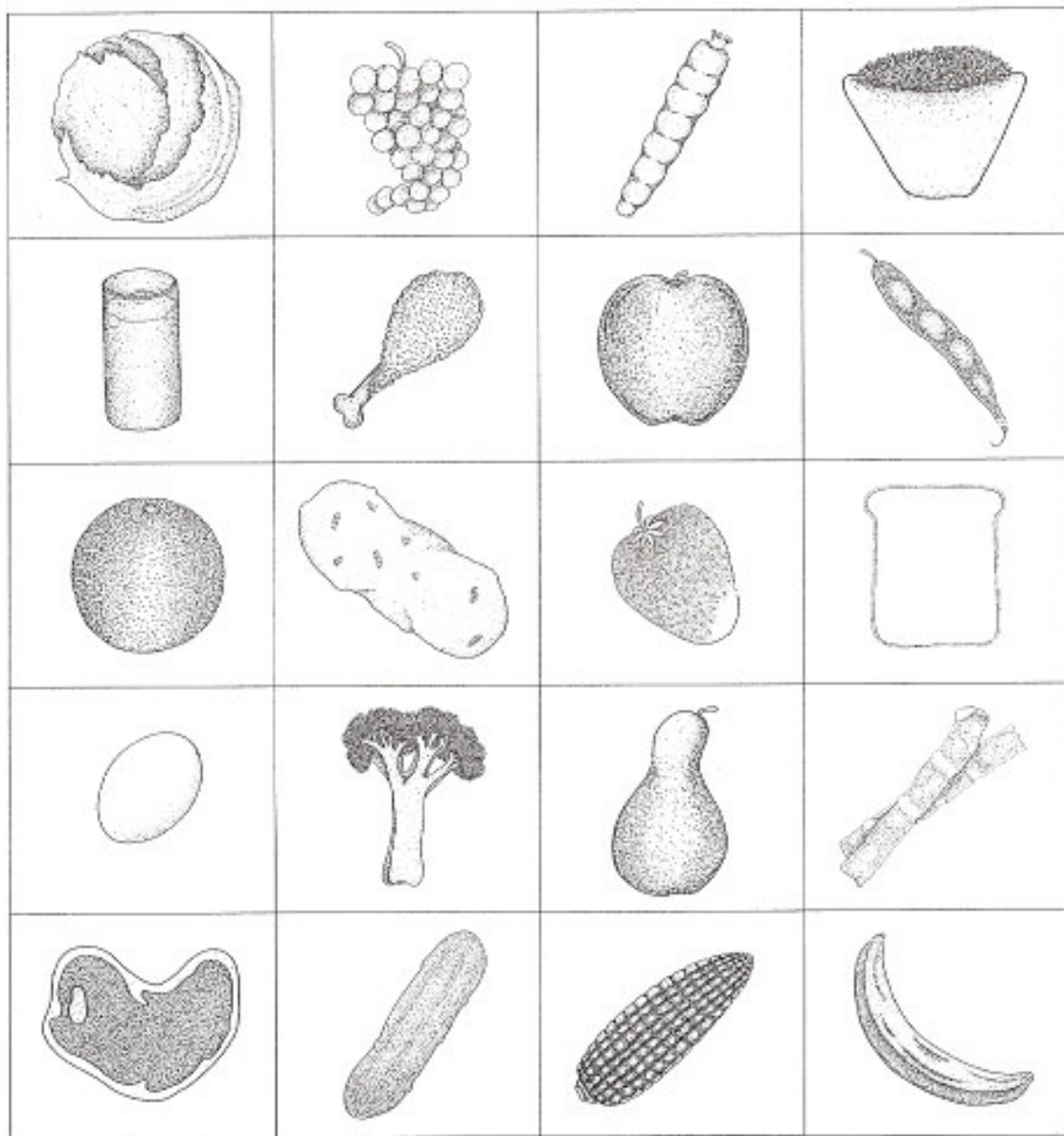


## Do you know?

Cut out the following items to complete the exercise on food groups.



Goal: Identify basic foods, food groups

II

## Do you know?

Adhere the pictures of food that are provided in the correct food groups

Fruit	Vegetables
Meat	Grains
Dairy	Oils  Includes: Mayonnaise Salad dressing Vegetable oil

## Do you know?

It is very important to eat a variety of foods. Our bodies need over 40 different types of vitamins and minerals. Some of these are found in only a few foods.

### Seven guidelines for healthy eating habits:

1. Eat a variety of foods.
2. Stay at a healthy weight.
3. Choose a diet low in fat and cholesterol.
4. Eat plenty of vegetables, fruits and grains.
5. Eat only a small amount of sugar.
6. Do not use too much salt.
7. Drink alcohol in moderation, if at all.

## Do you know?

It is very important to eat a variety of foods. Our bodies need over 40 different types of vitamins and minerals. Some of these are found in only a few foods.

### Seven guidelines for healthy eating habits:

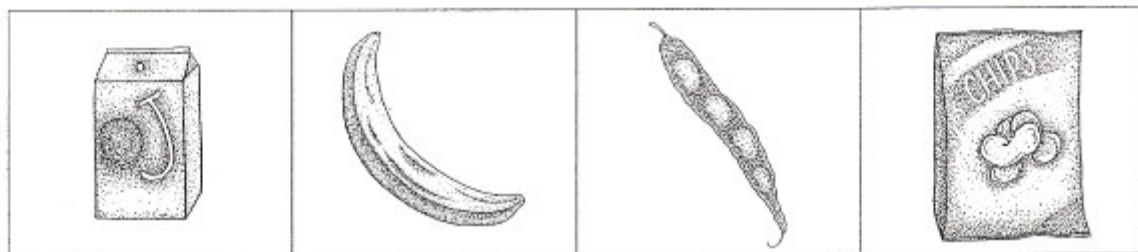
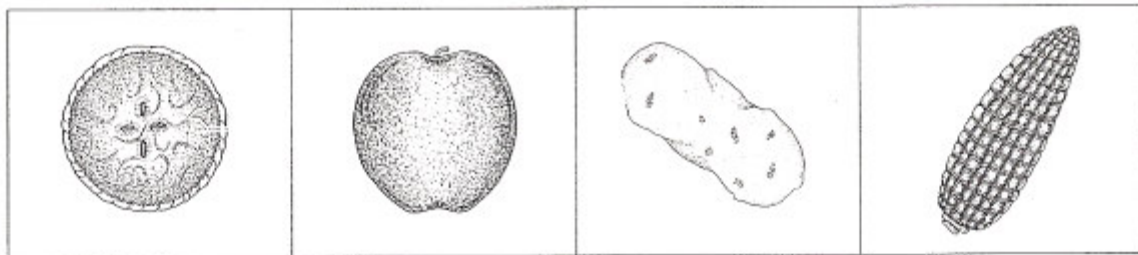
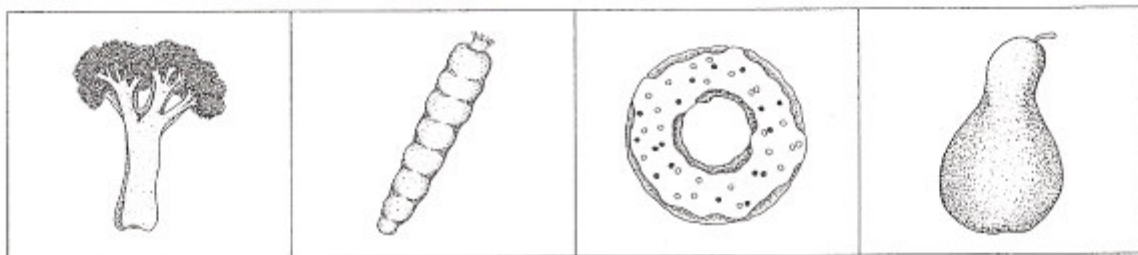
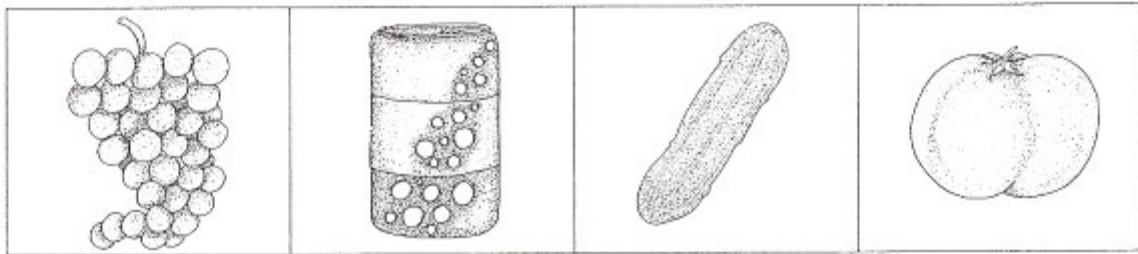
Fill in the missing words to complete the guidelines.

1. Eat a \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ of foods.
2. Stay at a healthy \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_.
3. Choose a diet \_\_\_ \_\_\_ \_\_\_ in fat and cholesterol.
4. Eat plenty of vegetables, \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ and grains.
5. Eat only a small amount of \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_.
6. Do not use too much \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_.
7. Drink \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ in moderation, if at all.

# Do you know?

It is very important to eat a variety of foods. Our bodies need over 40 different types of vitamins and minerals. Some of these are found in only a few foods. It is good to have healthy eating habits.

Circle three healthy food choices in each group below.

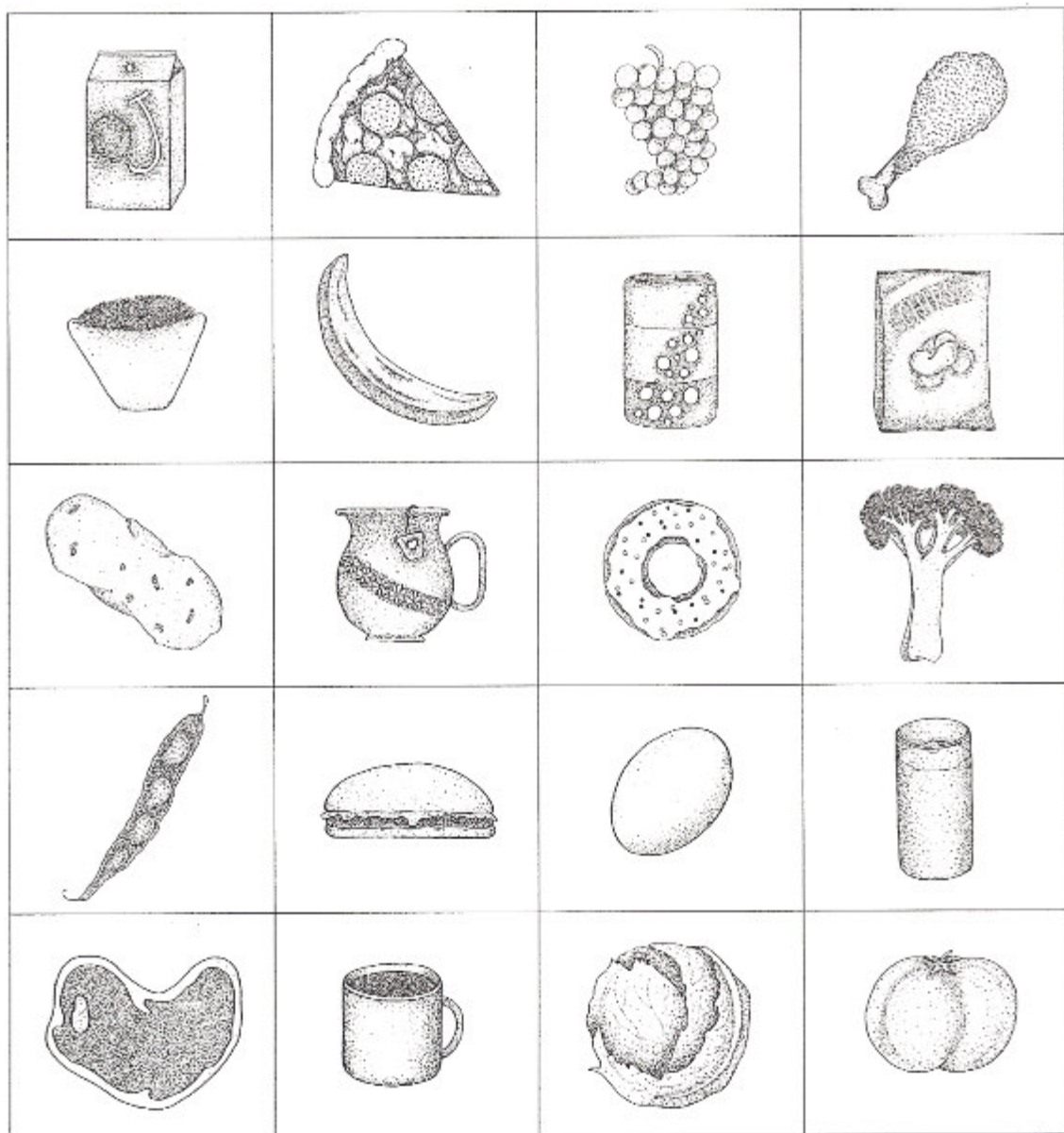


Goal: Identify basic foods, food groups and healthy eating habits

III

## Do you know?

Cut out the following items to complete the exercise on healthy meals.



Goal: Identify basic foods, food groups and healthy eating habits

III

## Do you know?

Adhere pictures of various foods to create a menu of healthy meals.

Breakfast

Lunch

Dinner

## FOOD WORD SEARCH

### Word Pool:

apple      bread      carrot      chicken  
egg      orange      pear      pepper  
rice      steak      tea

c	p	e	p	p	e	r
a	p	p	l	e	e	s
r	i	c	e	a	g	t
r	t	e	a	r	g	e
o	r	a	n	g	e	a
t	b	r	e	a	d	k
c	h	i	c	k	e	n

## FOOD WORD SEARCH (#2)

### Word Pool:

bacon      bean      chicken      corn      egg  
juice      lemon      lettuce      milk      nut  
pepper      pie

l	e	t	t	u	c	e
e	p	b	a	c	o	n
m	i	l	k	s	r	u
o	e	b	e	a	n	t
n	p	e	p	p	e	r
j	u	i	c	e	g	g
c	h	i	c	k	e	n

## FOOD WORD SEARCH

### Word pool:

watermelon	broccoli	grapes	steak
strawberry	cucumber	orange	carrot
hamburger	doughnut	banana	hot dog
chicken	tea	pie	egg

t	e	a	c	h	i	c	k	e	n
o	r	a	n	g	e	g	g	o	e
y	b	r	o	c	c	o	l	i	g
s	t	r	a	w	b	e	r	r	y
t	c	u	c	u	m	b	e	r	h
e	p	m	g	r	a	p	e	s	o
a	i	s	e	c	a	r	r	o	t
k	e	t	b	a	n	a	n	a	d
h	a	m	b	u	r	g	e	r	o
w	d	o	u	g	h	n	u	t	g

## FOOD WORD SEARCH (#2)

### Word pool:

banana      bean      broccoli      cucumber  
doughnut      egg      grapes      hamburger  
hot dog      juice      milk      pear  
pie      soda      strawberry      tea  
watermelon

p	d	o	u	g	h	n	u	t	y
h	a	m	b	u	r	g	e	r	b
c	u	c	u	m	b	e	r	i	a
w	a	t	e	r	m	e	l	o	n
g	s	o	d	a	b	a	a	n	a
r	t	e	a	w	a	t	m	n	n
a	p	e	a	r	n	c	i	p	a
p	b	r	o	c	c	o	l	i	e
e	t	j	u	i	c	e	k	e	g
s	h	o	t	d	o	g	r	z	g