

Let's Go Shopping

Jane is going to the grocery store to buy food for her family. She has made her shopping list. Put each food on her list into the right shopping bag below.

Grain Group <hr/> <hr/> <hr/> <hr/>	Vegetable Group <hr/> <hr/> <hr/> <hr/>	Fruit Group <hr/> <hr/> <hr/> <hr/>
Dairy Group <hr/> <hr/> <hr/> <hr/>	Protein Group <hr/> <hr/> <hr/> <hr/>	"Extras" <hr/> <hr/> <hr/> <hr/>

Jane's Shopping List

- Broccoli
- Pasta
- Bananas
- Potato chips
- Bagels
- Pork chops
- Yogurt
- Carrots
- Candy bar
- Canned pears
- Eggs
- Milk
- Tuna fish
- Orange juice
- Cereal
- Green beans
- Corn
- Bran muffins
- String cheese
- Chocolate milk
- Applesauce
- Cookies
- Soda
- Rice
- Chicken
- Cucumbers

Show What You Know!

Use Jane's Shopping List on the right to finish the tasks below.

- 1) Circle one food that gives you "carbohydrates" (energy).
- 2) Draw a square around one yellow fruit and one green vegetable.
- 3) Underline two foods that are good sources of protein and help you build muscles.
- 4) Put a star by three foods that have calcium and keep your bones strong.
- 5) Put an "x" through the name of the group above that provides the lowest amount of vitamins and minerals.

Match 'Em Up...

Match the food groups on the left to their descriptions on the right. Use each answer only once.

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| <ul style="list-style-type: none"> A) Grains group B) Fruit and Vegetable groups C) Dairy group D) Protein group E) "Extras" | <ol style="list-style-type: none"> 1) You need to eat at least 3 servings daily from this group to keep your bones strong. 2) These 2 groups provide vitamins and minerals that can keep you from getting sick. 3) Our body uses foods in this group to help make our muscles grow. 4) We should eat foods from here less often than the others because they don't give us as many nutrients that help us grow and be healthy. 5) The foods in this group give you energy you need to run, play, and think. |
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