

Activity

3

Reproducible

My Name: _____

Some Healthy Foods

In the chart below, list your favorite foods in the correct food group.

My Favorite Healthy Foods

Group	My Favorite Food
Meat and Beans (includes eggs, fish, & nuts) 	
Vegetables 	
Fruits/Juice 	
Grains 	
Milk Products 	

Pretzels, roast chicken, bananas, broccoli, carrots, celery, corn, cucumber, grapes in Activity 1 (upper right), onions, chili peppers, potatoes, baby pumpkins, and tomato all © Brand X Pictures/PictureQuest. Peanuts, chestnuts, lunchbox, white egg, pea pods, walnuts, apples & glass of apple juice, ear of corn in husk, red bell pepper, dairy products & greens, measuring spoons, and pineapple all © Photodisc/PictureQuest. Sesame bagel, bowl of rice, Swiss cheese, colander with lettuce, glass of water, glass of milk, loaf of sliced bread, vegetables, bowl with spoon, wooden spoon, and measuring cup all © Photodisc/Getty Images. Glass of milk, cheddar wheel, whisk, brown egg, slice of bread, plain bagel, croissant, bowl of cereal, pasta, sheaf of wheat, lemon, slice of watermelon, turkey on platter, and oil cruet all © Brand X Pictures. Glass of orange juice © Stockdisc/PictureQuest. Ham & cheese sandwich © Thinkstock/PictureQuest. All kids © RubberBall.