



Name: _____

What do you know about the foods you eat?

Circle the best answer for each item

1. Which food is from the Grain Group?



Ham

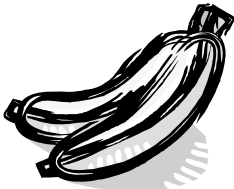


Chocolate Pudding



Cereal

2. Which food is from the Meat Group?



Bananas



Peanuts



Milk

3. Which food is from the Milk Group?



Yogurt



Pineapple

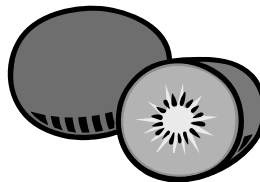


Melon

4. Which food is from the Fruit Group?



Cheese



Kiwi



Kidney Beans
