



# Fruity Friends

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

School: \_\_\_\_\_

Date: \_\_\_\_\_

**Foods can be put into six food groups.  
Think about what foods go into each group.**

*For questions 1-6, circle the food that does **not** belong in the food group listed.*

**1. Grain group**

waffle                      noodles                      apple                      oatmeal

**2. Vegetable group**

broccoli                      carrot                      cabbage                      pear

**3. Fruit group**

strawberries                      pineapple                      watermelon                      corn

**4. Meat group**

turkey                      chicken                      potato                      ham

**5. Milk group**

cheese                      cracker                      pudding                      yogurt

**6. Fat, oil, and sweets group**

pretzel                      butter                      cupcake                      candy

## Think about nutrients in foods.

For questions 7-12, put the letter next to each nutrient in the blank beside the correct food.

- |                      |                  |
|----------------------|------------------|
| 7. _____ Milk        | a. Vitamin C     |
| 8. _____ Bread       | b. Calcium       |
| 9. _____ Fruits      | c. Protein       |
| 10. _____ Meat       | d. Sugar         |
| 11. _____ Soda       | e. Carbohydrates |
| 12. _____ Vegetables | f. Vitamin A     |

## Think about how nutrients work in your body.

For questions 13-17, put the letter next to each nutrient in the blank beside the correct job.

- |                                      |                  |
|--------------------------------------|------------------|
| 13. _____ Helps eyes see in the dark | a. Vitamin C     |
| 14. _____ Heals cuts and bruises     | b. Calcium       |
| 15. _____ Makes bones strong         | c. Protein       |
| 16. _____ Makes muscles strong       | d. Vitamin A     |
| 17. _____ Gives you energy           | e. Carbohydrates |

## Think about what you have eaten today.

For question 18, put a check mark in the blank that answers the question for what you did this morning.

18. Did you eat breakfast this morning?  
\_\_\_\_\_ Yes      \_\_\_\_\_ No

The Food Assistance Program in Alabama provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Food Assistance office and county Extension office.

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