



# Professor Green Bean

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.

Funding was provided jointly by the Alabama Cooperative Extension System and the Alabama Department of Human Resources, which are equal opportunity providers and employers. Published by the Alabama Cooperative Extension System (Alabama A&M and Auburn Universities). [NEP-112c; 2010]

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