

Yummy Face



Name: _____

Teacher: _____

School: _____

Date: _____

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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