



HEALTHY HABITS

Sort the foods into the correct column:

MILK, HAM, CHEESE, BANANAS, EGGS, CHICKEN, APPLES, PEARS, RICE, ORANGES, BREAD, TOMATOES, PASTA, LETTUCE, BUTTER, POTATOES			
PROTEINS	CARBOHYDRATES	FRUIT AND VEGETABLES	DAIRY

Answer the questions **yes** or **no**:

1. Is oil dairy?
2. Are green beans protein?
3. Is fish protein?
4. Is chocolate healthy?
5. Are carrots vegetables?

Answers

Sort the foods into the correct column:

MILK, HAM, CHEESE, BANANAS, EGGS, CHICKEN, APPLES, PEARS, RICE, ORANGES, BREAD, TOMATOES, PASTA, LETTUCE, BUTTER, POTATOES			
PROTEINS	CARBOHYDRATES	FRUIT AND VEGETABLES	DAIRY
HAM EGGS CHICKEN	RICE BREAD PASTA POTATOES	BANANAS APPLES PEARS ORANGES TOMATOES LETTUCE	MILK CHEESE BUTTER

Answer the questions **yes** or **no**:

1. Is oil dairy? **No**
2. Are green beans protein? **No**
3. Is fish protein? **Yes**
4. Is chocolate healthy? **No**
5. Are carrots vegetables? **Yes**