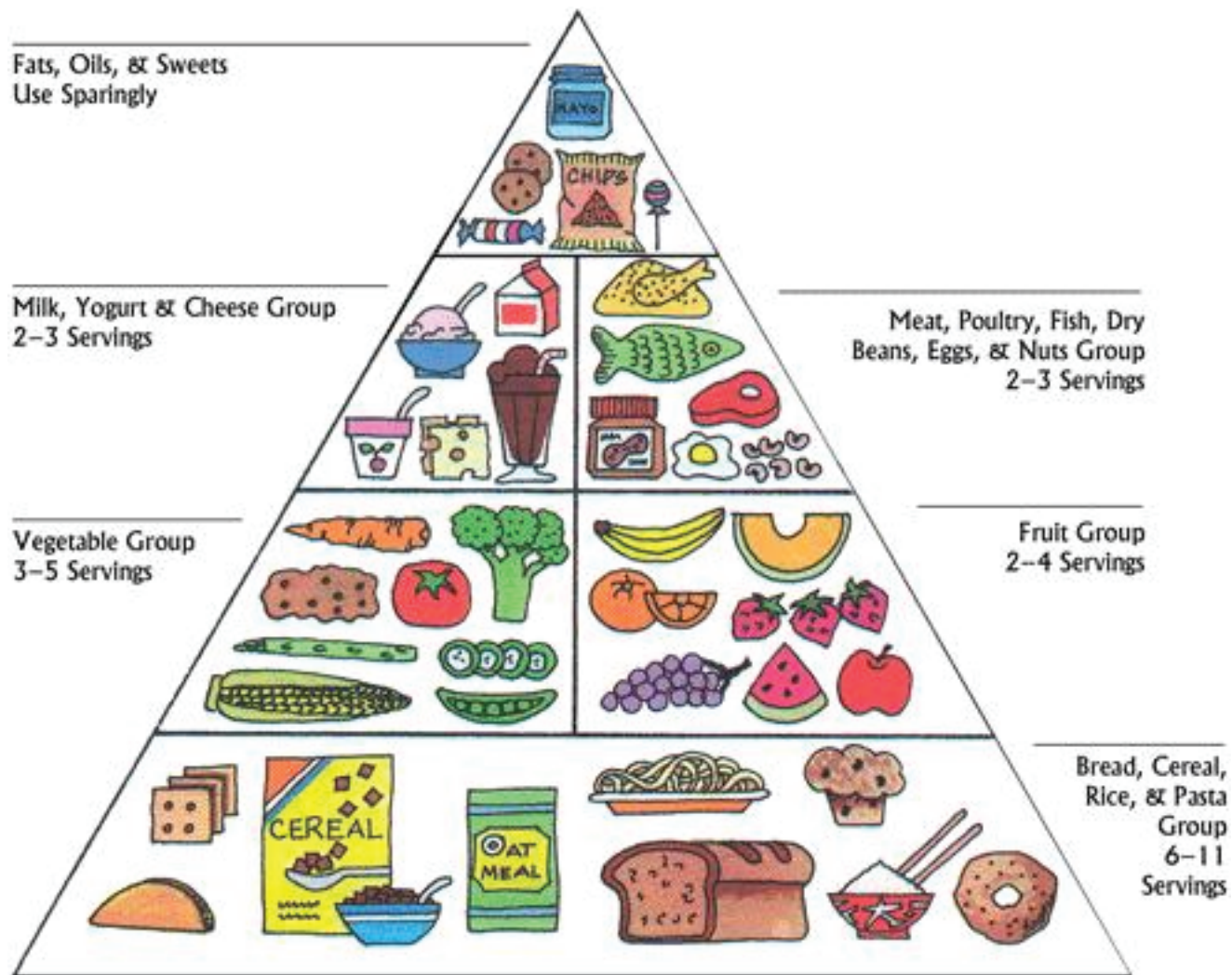


Name: _____

Date: _____

Healthy Eating



1. Name 3 different vegetables.

2. Name 3 different fruits.

3. What food group requires the most servings per day?

4. What kind of foods do we need to use sparingly (not alot)?

