Animals on the Range

Good Food Worksheet 1 – *What I like to eat, what is healthy*

Complete and color each box with a picture and written description about the foods you like.

_____

(write your name here)

Good Food Choices

My favorite food is:

My favorite HEALTHY food is:

A treat from the Sweet, Fats and Oils Group I like to eat:

A HEALTHY choice I like to eat from the Bread, Cereal, Rice and Pasta Group:

A HEALTHY choice I like to eat from the Fruit Group:

A HEALTHY choice I like to eat from the Vegetable Group:

A HEALTHY choice I like to eat from the Milk, Yogurt and Cheese Group:

A HEALTHY choice I like to eat from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group:

Good Food Choices are important because…