

Food Foldable Inserts

HEALTHY

Non-Examples:

calories

Non-Examples:

oils

Examples:

**The usual foods and drinks a person
or animal eats**

Examples:

**Parts of food that your body uses
to do its work**

Examples:

GRAINS

**Roots, leaves, stems, flowers, or pods
that are used as food**

cut

**draw yourself doing two activities that
burn calories.**

**Food made from milk, sometimes called
dairy foods**

Draw four foods that have alot of oil.

cut

FRUITS

**Mineral Vitawins Proteins
Answer _____ nutrients**

cut

MEAT AND BEANS