

# Food Foldable

cut

**diet**

cut

fold

cut

**VOCABULARY**

**Draw four foods that are in your diet.**

cut

**energy found in food**

cut

**Count the types of nutrients:**

**Carbohydrates Fat Water**

**nutrients**

**How many types of nutrients are there?**

cut

cut

**fat found in some foods**

**Name** \_\_\_\_\_

# Food Groups

**Foods made from the seeds of wheat, corn, rice, or other cereal plants**

cut

**Examples:**

cut

**Part of a flowering plant that contains seeds**

cut

**Examples:**

cut

**Part of an animal that can be eaten as food or beans from a plant**

**Non-Examples:**

cut

**VEGETABLES**

cut

**Non-Examples:**

cut

**MILK**

cut

**Non-Examples:**

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