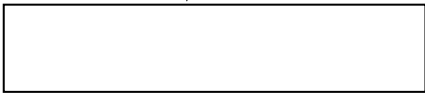


GO FOODS (Gives us energy)	GROW FOODS (Helps us grow taller and stronger)	GLOW FOODS (Fight against sickness)
Bread Cereal Rice Pasta Oats Pancakes Muffin Pretzels Popcorn Peanuts Pecans Pistachio Biscuits Cookies	Fried Chicken Grilled Chicken Eggs Salmon Cheese Yogurt Beans Bacon Steak Milk Soybeans Lentils Peas	Potatoes Avocado Banana Mango Broccoli Carrots Squash Corn Spinach Cabbage Asparagus Tomato Apple Brussel Sprout Cauliflower Cherry Eggplant Mushroom Lettuce Strawberry

The 3 Basic Food Groups are:



Example:



Example:

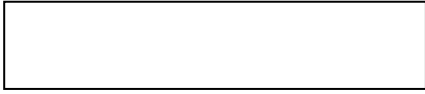


Example:

The Other 3 Food Groups are:



Example:



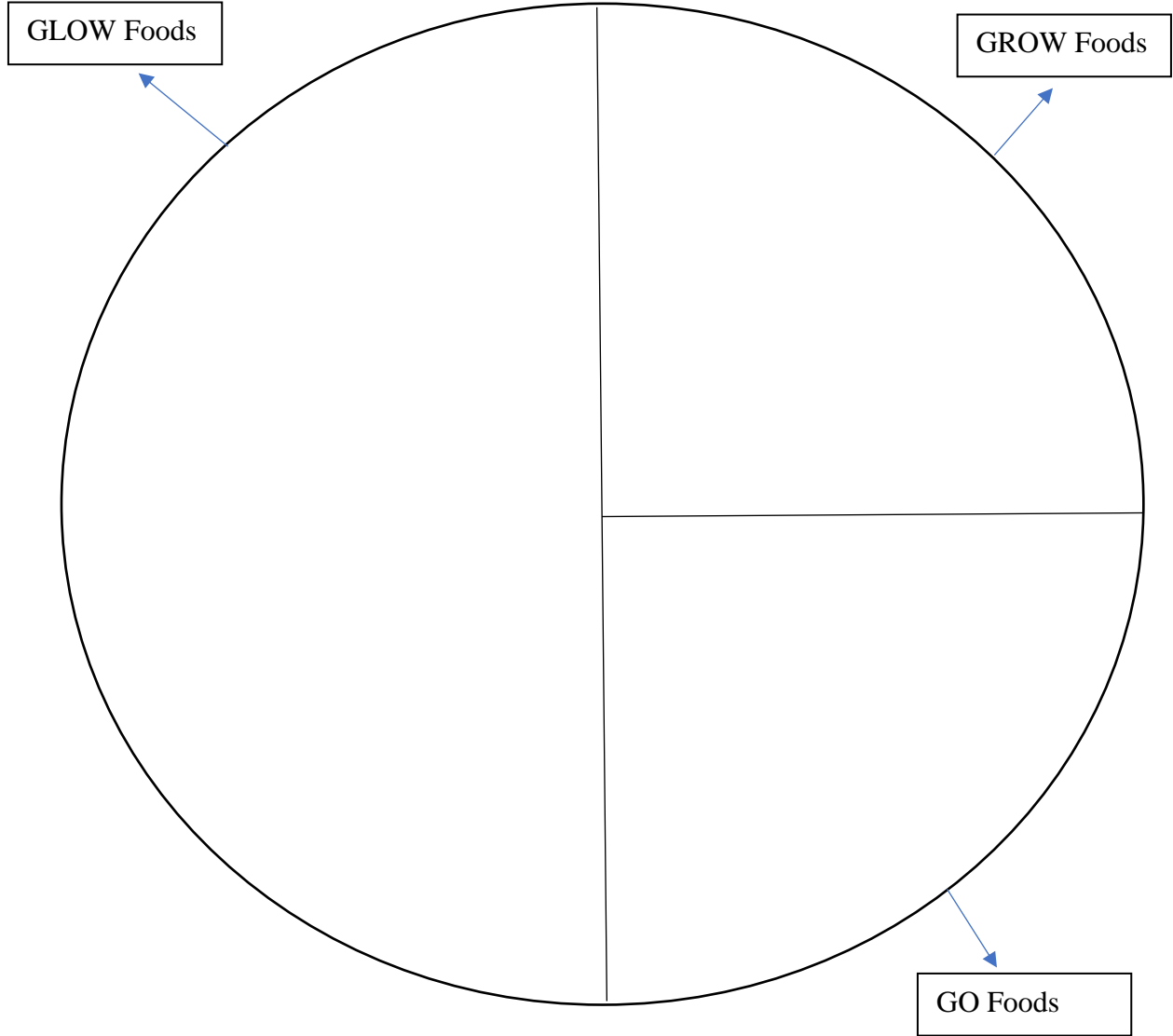
Example:



Example:

What's on Your Plate?

NAME: _____



Your drink:

