Name: Date: Score: / 8

Healthy Food Groups: Learn and Practice

Fuel your body the smart way

Read each question. Circle the best answer.

💡 Healthy Eating

- A healthy plate is about half vegetables and fruits.
- The rest is whole grain foods and protein foods.
- Water is the best drink for your body.
- half veggies and fruit, a quarter grains, a quarter protein: balanced meal

1 🥗 What should fill about half of a healthy plate?

A. Candy B. Cake C. Vegetables and fruits D. Chips

2 Why do we eat food?

A. Only for fun B. To stop breathing C. For energy and to grow D. To get colder

3 🌾 Why are whole grains better than foods made with refined white flour?

A. They have more sugar B. They are always sweet C. They have no energy D. They have more fibre and nutrients

4 💧 What is the best drink for your body?

A. Energy drinks B. Sweet juice drinks C. Pop D. Water

5 🍚 Which is a whole grain food?

A. A grape B. A carrot C. An apple D. Brown rice

6 Which is a protein food?

A. Beans B. Grapes C. Rice D. Lettuce

7 🥕 Which snack is the healthiest choice?

A. Potato chips B. Carrot sticks and hummus C. A frosted cupcake D. A candy bar

8 What does protein help your body do?

A. Stop growing B. See in the dark C. Change hair color D. Build and repair muscles

ANSWER KEY

Healthy Food Groups: Learn and Practice (answers)

Fuel your body the smart way

Read each question. Circle the best answer.

1 🥗 What should fill about half of a healthy plate?

A. Candy B. Cake **C. Vegetables and fruits** D. Chips

2 Why do we eat food?

A. Only for fun B. To stop breathing **C. For energy and to grow** D. To get colder

3 🌾 Why are whole grains better than foods made with refined white flour?

A. They have more sugar B. They are always sweet C. They have no energy **D. They have more fibre and nutrients**

4 💧 What is the best drink for your body?

A. Energy drinks B. Sweet juice drinks C. Pop **D. Water**

5 🍚 Which is a whole grain food?

A. A grape B. A carrot C. An apple **D. Brown rice**

6 Which is a protein food?

A. Beans B. Grapes C. Rice D. Lettuce

7 🥕 Which snack is the healthiest choice?

A. Potato chips **B. Carrot sticks and hummus** C. A frosted cupcake D. A candy bar

8 What does protein help your body do?

A. Stop growing B. See in the dark C. Change hair color **D. Build and repair muscles**