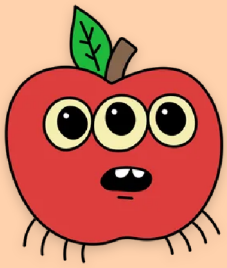
SCIENCE · FOOD GROUPS AND HEALTHY EATING · GRADES 1–3

The Five Food Groups

Write fifteen foods under fruits, vegetables, grains, protein and dairy.

Name: _____ **Date:** _____



Write each food under its food group.

bread · eggs · strawberries · cheese · rice · fish · carrot · banana · chicken · broccoli · peas · pasta · milk · yogurt · apple

Fruits	Vegetables	Grains	Protein	Dairy

Which food group do you eat the most?

_____

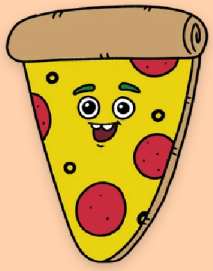
Art © Kevin Coulston

SCIENCE · FOOD GROUPS AND HEALTHY EATING · GRADES K–2

My Healthy Plate

Label the five food groups on the plate and cup, then draw a healthy lunch of your own.

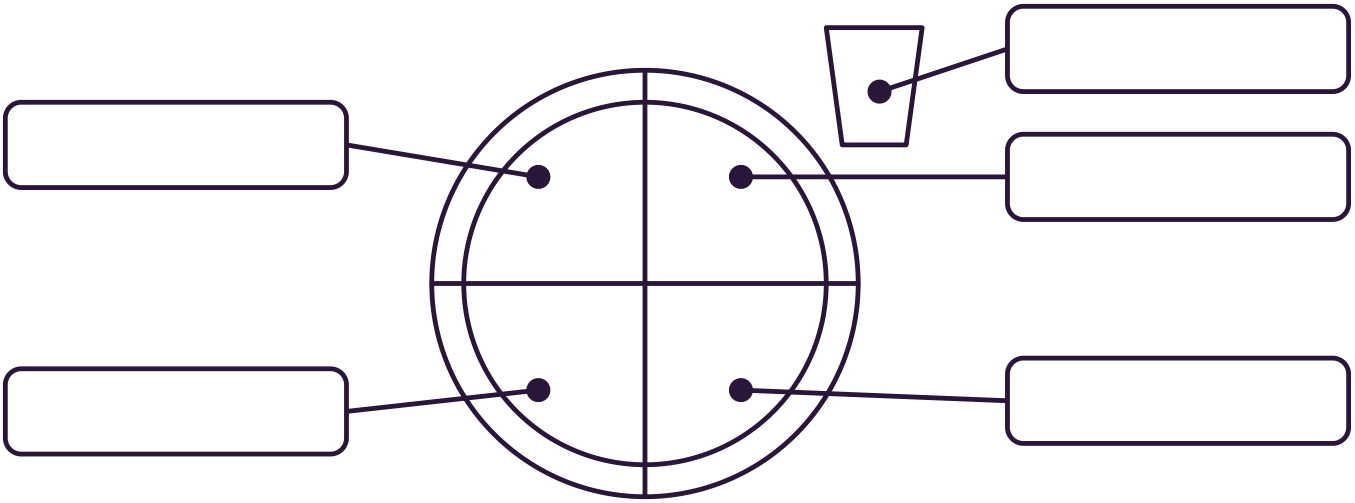
Name: _____ **Date:** _____



Word bank

fruits | vegetables | grains | protein | dairy

Label each part of the plate and the cup.



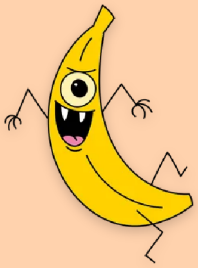
Draw a healthy lunch with a food from every group.

Art © Kevin Coulston

SCIENCE · FOOD GROUPS AND HEALTHY EATING · GRADES K–2

Everyday or Sometimes Foods?

Color the everyday foods and put an X on the sometimes foods, then name your favorite of each.



Name: _____ **Date:** _____

Color the everyday foods. Put an X on the sometimes foods.

apple	candy	carrots	soda
milk	chips	water	cupcake
yogurt	cookies	oatmeal	eggs

My favorite everyday food _____ **My favorite sometimes food** _____

Art © Kevin Coulston

SCIENCE · FOOD GROUPS AND HEALTHY EATING · GRADES 4–5

Read a Food Label

Read the Nutrition Facts on a box of cereal, then answer eight questions, two with a little math.

Name: _____ **Date:** _____



Nutrition Facts

10 servings per box

Serving size	**1 cup**
Calories	**120**
Total fat	1.5 g
Sodium	160 mg
Total carbohydrate	25 g
Dietary fiber	3 g
Total sugars	6 g
Protein	3 g

Circle the answer.

In one serving, there is more

(sugar) (protein)

Foods with 5 g of fiber or more are high in fiber. Is this cereal high in fiber?

(yes) (no)

Read the cereal label. Answer the questions.

1. How big is one serving? _____

2. How many servings are in the box? _____

3. How many calories are in one serving? _____

4. How many grams of sugar are in one serving? _____

5. You eat 2 cups. How many calories is that? _____

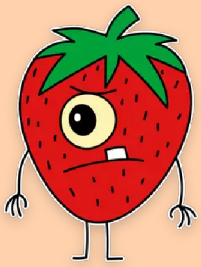
6. How many calories are in the whole box? _____

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SCIENCE · FOOD GROUPS AND HEALTHY EATING · GRADES K–2

Food from Plants or Animals?

Cut out twelve foods and glue each one under the plant or the animal it comes from.



Name: _____ **Date:** _____

Glue each food under where it comes from.

From a plant	From an animal

✂ Cut out the cards on the dashed lines.

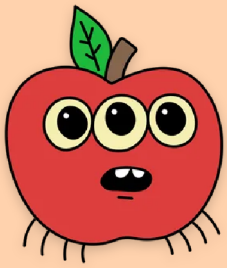
apple	potato	popcorn	peanut butter	eggs	cheese
chicken	bread	fish	milk	rice	honey

Art © Kevin Coulston

ANSWER KEY · FOOD GROUPS AND HEALTHY EATING · GRADES 1–3

Answer Key: The Five Food Groups

Answers for grown-ups. Some questions have more than one good answer.



Write each food under its food group.

bread · eggs · strawberries · cheese · rice · fish · carrot · banana · chicken · broccoli · peas · pasta · milk · yogurt · apple

Fruits	Vegetables	Grains	Protein	Dairy
apple	carrot	bread	chicken	milk
banana	broccoli	rice	eggs	cheese
strawberries	peas	pasta	fish	yogurt

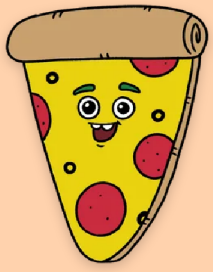
Which food group do you eat the most?

Art © Kevin Coulston

ANSWER KEY · FOOD GROUPS AND HEALTHY EATING · GRADES K–2

Answer Key: My Healthy Plate

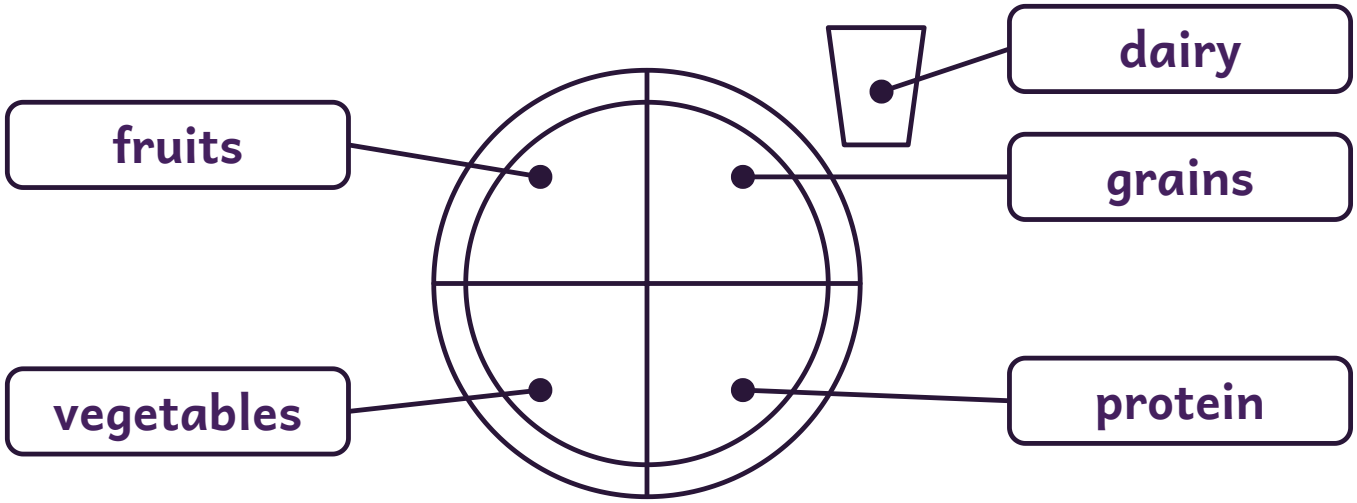
Answers for grown-ups. Some questions have more than one good answer.



Word bank

fruits | vegetables | grains | protein | dairy

Label each part of the plate and the cup.



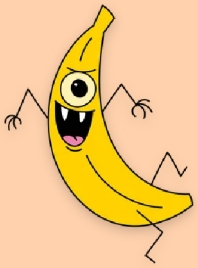
Draw a healthy lunch with a food from every group.

Art © Kevin Coulston

ANSWER KEY · FOOD GROUPS AND HEALTHY EATING · GRADES K–2

Answer Key: Everyday or Sometimes Foods?

Answers for grown-ups. Some questions have more than one good answer.



Color the everyday foods. Put an X on the sometimes foods.

apple	candy	carrots	soda
milk	chips	water	cupcake
yogurt	cookies	oatmeal	eggs

My favorite everyday food _____ **My favorite sometimes food** _____

Art © Kevin Coulston

ANSWER KEY · FOOD GROUPS AND HEALTHY EATING · GRADES 4–5

Answer Key: Read a Food Label

Answers for grown-ups. Some questions have more than one good answer.



Nutrition Facts

10 servings per box

Serving size	1 cup
Calories	**120**
Total fat	1.5 g
Sodium	160 mg
Total carbohydrate	25 g
Dietary fiber	3 g
Total sugars	6 g
Protein	3 g

Circle the answer.

In one serving, there is more

sugar protein

Foods with 5 g of fiber or more are high in fiber. Is this cereal high in fiber?

yes **no**

Read the cereal label. Answer the questions.

1. How big is one serving? 1 cup

2. How many servings are in the box? 10

3. How many calories are in one serving? 120

4. How many grams of sugar are in one serving? 6 g

5. You eat 2 cups. How many calories is that? 240

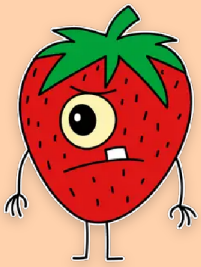
6. How many calories are in the whole box? 1,200

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ANSWER KEY · FOOD GROUPS AND HEALTHY EATING · GRADES K–2

Answer Key: Food from Plants or Animals?

Answers for grown-ups. Some questions have more than one good answer.



Glue each food under where it comes from.

From a plant	From an animal
apple	milk
rice	eggs
potato	cheese
bread	honey
popcorn	chicken
peanut butter	fish

✂ Cut out the cards on the dashed lines.

apple	potato	popcorn	peanut butter	eggs	cheese
chicken	bread	fish	milk	rice	honey

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