

ACTIVITY 2A: STUDENT WORKSHEET

CLASSIFYING FOODS

1. Place the following foods in the correct food group.

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|------------------|----------|----------|------------|-----------------|
| Pinto beans | Macaroni | Zucchini | Spaghetti | Meatballs |
| Tomatoes | Oatmeal | Broccoli | Pickle | Mushrooms |
| Watermelon | Corn | Rice | Toast | American cheese |
| Saltine crackers | Carrots | Pancake | Grapes | Orange juice |
| Peanut butter | Yogurt | Sausage | Chicken | Vegetable soup |
| Hamburger patty | Potato | Tortilla | Raisins | Green beans |
| Cauliflower | Apple | Biscuit | Muffin | Tuna fish |
| Raisin bran | Squash | Catfish | Egg | Cornbread |
| Cucumber | Ham | Spinach | Banana | Hot dog |
| Noodles | Milk | Shrimp | Strawberry | Swiss cheese |

Bread Group Fruit Group Vegetable Group Protein Group Dairy Group

Breads, cereals, rice, and pasta	Fruits	Vegetables	Meat, poultry, fish, dry beans, eggs, and nuts	Milk, cheese, and yogurt

2. Add one food to each group which is not on the list.

3. Circle your favorite food in each group.

ACTIVITY 2A: TEACHER ANSWER KEY

CLASSIFYING FOODS

1. Place the following foods in the correct food group.

Pinto beans	Macaroni	Zucchini	Spaghetti	Meatballs
Tomatoes	Oatmeal	Broccoli	Pickle	Mushrooms
Watermelon	Corn	Rice	Toast	American cheese
Saltine crackers	Carrots	Pancake	Grapes	Orange juice
Peanut butter	Yogurt	Sausage	Chicken	Vegetable soup
Hamburger patty	Potato	Tortilla	Raisins	Green beans
Cauliflower	Apple	Biscuit	Muffin	Tuna fish
Raisin bran	Squash	Catfish	Egg	Cornbread
Cucumber	Ham	Spinach	Banana	Hot dog
Noodles	Milk	Shrimp	Strawberry	Swiss cheese

Bread Group Fruit Group Vegetable Group Protein Group Dairy Group

Breads, cereals, rice, and pasta	Fruits	Vegetables	Meat, poultry, fish, dry beans, eggs, and nuts	Milk, cheese, and yogurt
Saltines crackers Raisin bran Noodles Macaroni Oatmeal Rice Pancake Tortilla Biscuit Spaghetti Toast Muffin Cornbread	Watermelon Apple Grapes Raisins Banana Strawberry Orange juice	Tomatoes* Cauliflower Cucumber Corn Carrots Potato Squash Zucchini Broccoli Spinach Pickle* Mushroom Vegetable soup Green Beans	Pinto beans Peanut butter Hamburger patty Ham Sausage Catfish Shrimp Chicken Egg Meatballs Tuna fish Hot dog	Yogurt Milk American cheese Swiss cheese

*These foods may be classified as fruits.

2. Add one food to each group which is not on the list.

3. Circle your favorite food in each group.