

Nutrition Lesson Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Nutrition Lesson.

1. What are nutrients?

2. What are three questions you can ask to help determine if a source of information is valid?

a. _____

b. _____

c. _____



3. List the five food groups and one fact or recommendation for each food group.

a. _____

b. _____

c. _____

d. _____

e. _____

4. What are two slow foods from the vegetables group?

a. _____

b. _____

5. What are two go foods from the fruits group?

a. _____

b. _____

6. What are two whoa foods from the proteins group?

a. _____

b. _____



7. What are two go foods from the grains group?

a. _____

b. _____

8. What are two whoa foods from the dairy group?

a. _____

b. _____

9. What are three ways to make healthy snacking easier?

a. _____

b. _____

c. _____

