

# Nutrition 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. What is the United States Department of Agriculture's website that contains information on food groups and physical activity?

\_\_\_\_\_



4. List the five food groups that make up MyPlate and one fact or recommendation for each food group.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

e. \_\_\_\_\_

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

a. \_\_\_\_\_

b. \_\_\_\_\_

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

a. \_\_\_\_\_

b. \_\_\_\_\_

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

a. \_\_\_\_\_

b. \_\_\_\_\_



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

a. \_\_\_\_\_

b. \_\_\_\_\_

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

a. \_\_\_\_\_

b. \_\_\_\_\_

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

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

