

What Do You Know About Food?

Check all foods that are WHOLE GRAINS.

- ☐ applesauce
- ☒ white bread
- ☐ barley
- ☐ potatoes
- ☐ popcorn
- ☒ oatmeal
- ☒ white rice
- ☒ brown rice

Check all foods that are POULTRY.

- ☐ eggs
- ☒ duck
- ☐ salmon
- ☒ turkey
- ☒ chicken
- ☒ steak
- ☐ milk

Check all foods that are DAIRY.

- ☐ chicken
- ☐ eggs
- ☐ orange juice
- ☒ butter
- ☒ cheese
- ☒ yogurt
- ☒ milk
- ☐ soda

Check all foods that are SEAFOOD.

- ☐ pork
- ☒ salmon
- ☒ shrimp
- ☐ ribeye
- ☒ cod
- ☒ mussels
- ☐ lamb chops
- ☒ tuna

Check all foods that are VEGETABLES.

- ☐ black beans
- ☐ green beans
- ☒ tomatoes
- ☐ zucchini
- ☒ broccoli
- ☒ lettuce
- ☒ carrots
- ☐ pickles
- ☐ avocado
- ☒ cabbage
- ☒ potato

Check all foods that are FRUITS.

- ☐ sweet potatoes
- ☒ apples
- ☒ grapes
- ☒ grape tomatoes
- ☒ bananas
- ☒ mangoes
- ☒ avocados
- ☐ celery
- ☐ artichokes

Check all foods that are MEAT.

- ☒ fish (including shellfish)
- ☒ beef (steak, chuck, rib, flank, brisket)
- ☒ chicken (wing, breast, thigh)
- ☒ pork (bacon, ham, tenderloin, belly)
- ☒ lamb (chop, shank, rack)
- ☐ tofu (silken, firm, super firm)
- ☒ turkey (thigh, breast, wing, leg)

Which would be better to consume? (circle)

- apples OR apple juice
- hamburger OR sirloin steak
- grilled chicken OR crispy chicken tenders
- hamburger OR fried chicken
- sparkling water OR soda
- bagel & cream cheese OR whole grain toast & peanut butter

WHOLE GRAINS: barley, popcorn, oatmeal, brown rice POULTRY: duck, turkey, chicken DAIRY: eggs, butter, cheese, yogurt, milk SEAFOOD: salmon, shrimp, cod, mussels, tuna VEGETABLES: green beans, tomatoes, zucchini, broccoli, lettuce, pickles, cabbage, potato FRUITS: apples, grapes, bananas, mangoes, avocados MEAT: beef, pork, lamb BETTER: apples, sirloin, grilled chicken, hamburger, sparkling water, whole grain toast & PB