



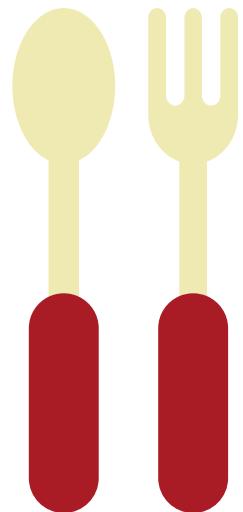
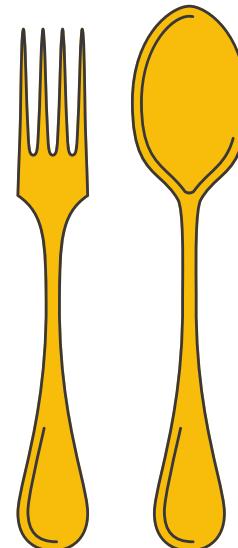
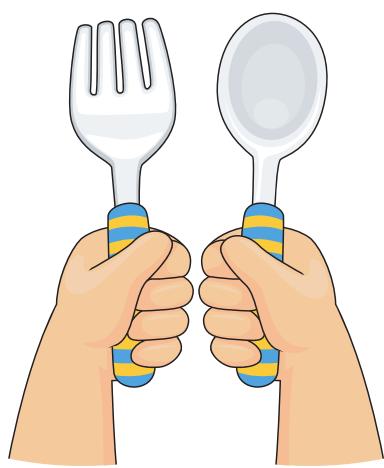
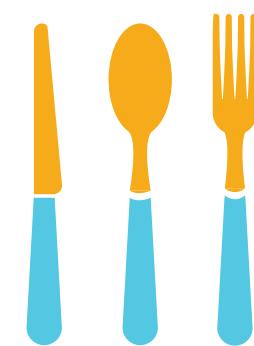
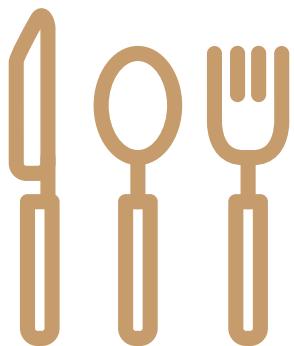
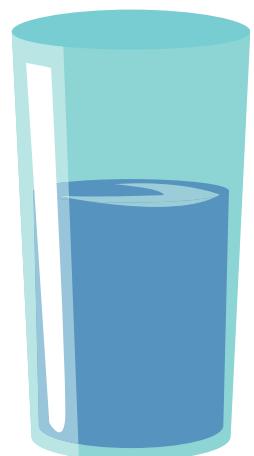
ALL ABOUT FOOD

Worksheets by  Chittal Balakrishnan & Vidhyashree Ravi



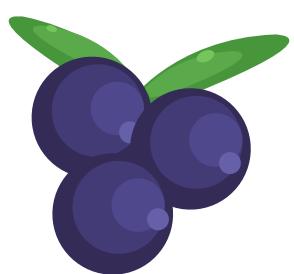
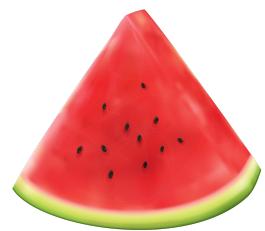
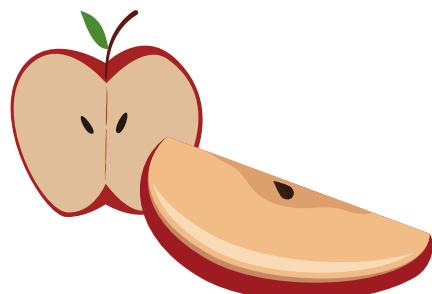
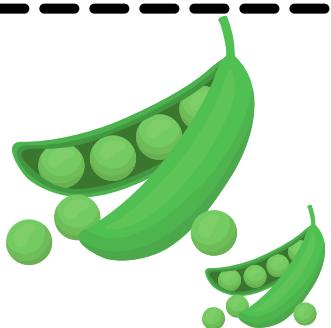
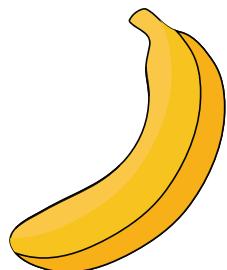
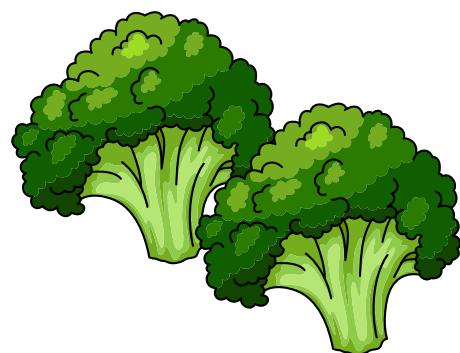
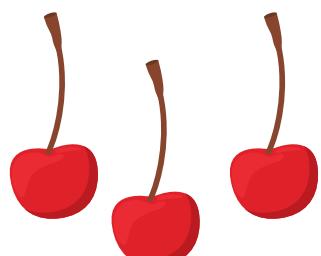
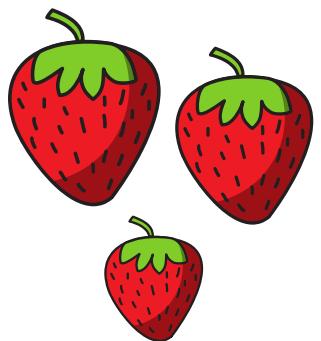
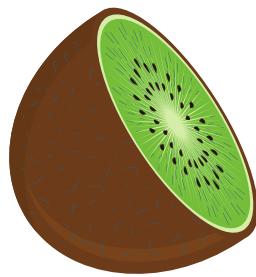
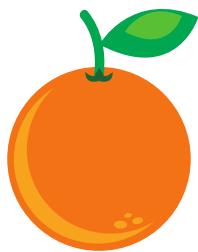
UTENSILS

Cut and use it for decorating your plate given below



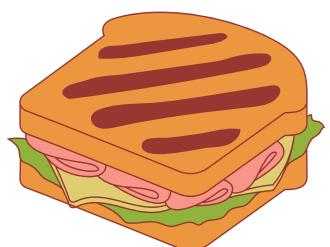
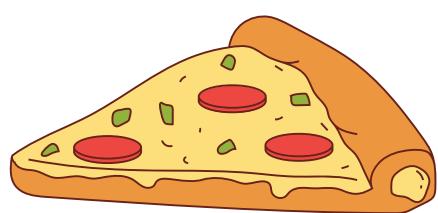
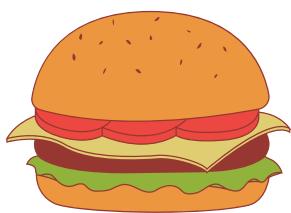
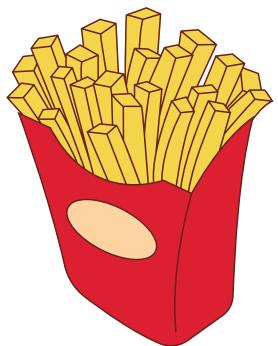
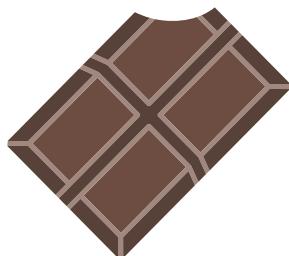
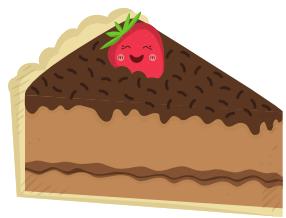
VEGETABLES & FRUITS TO BE ADDED IN THE PLATE

Cut and use it for decorating your plate given below



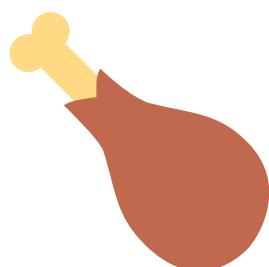
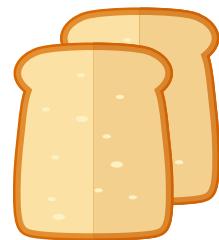
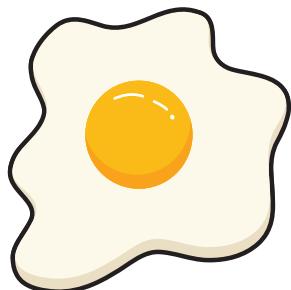
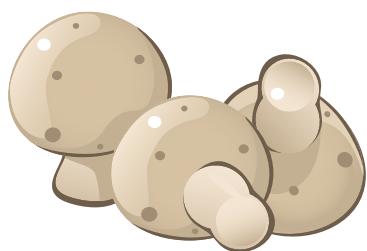
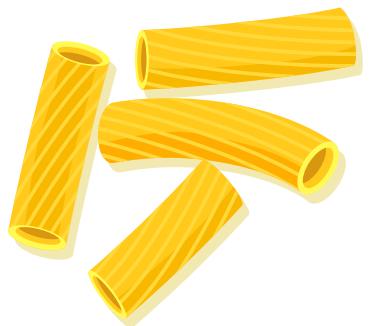
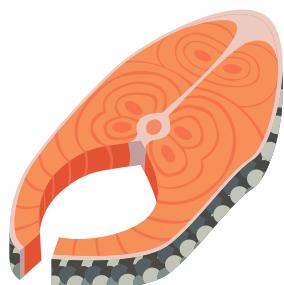
OTHER FOODS IN PLATE

Cut and use it for decorating your plate given below

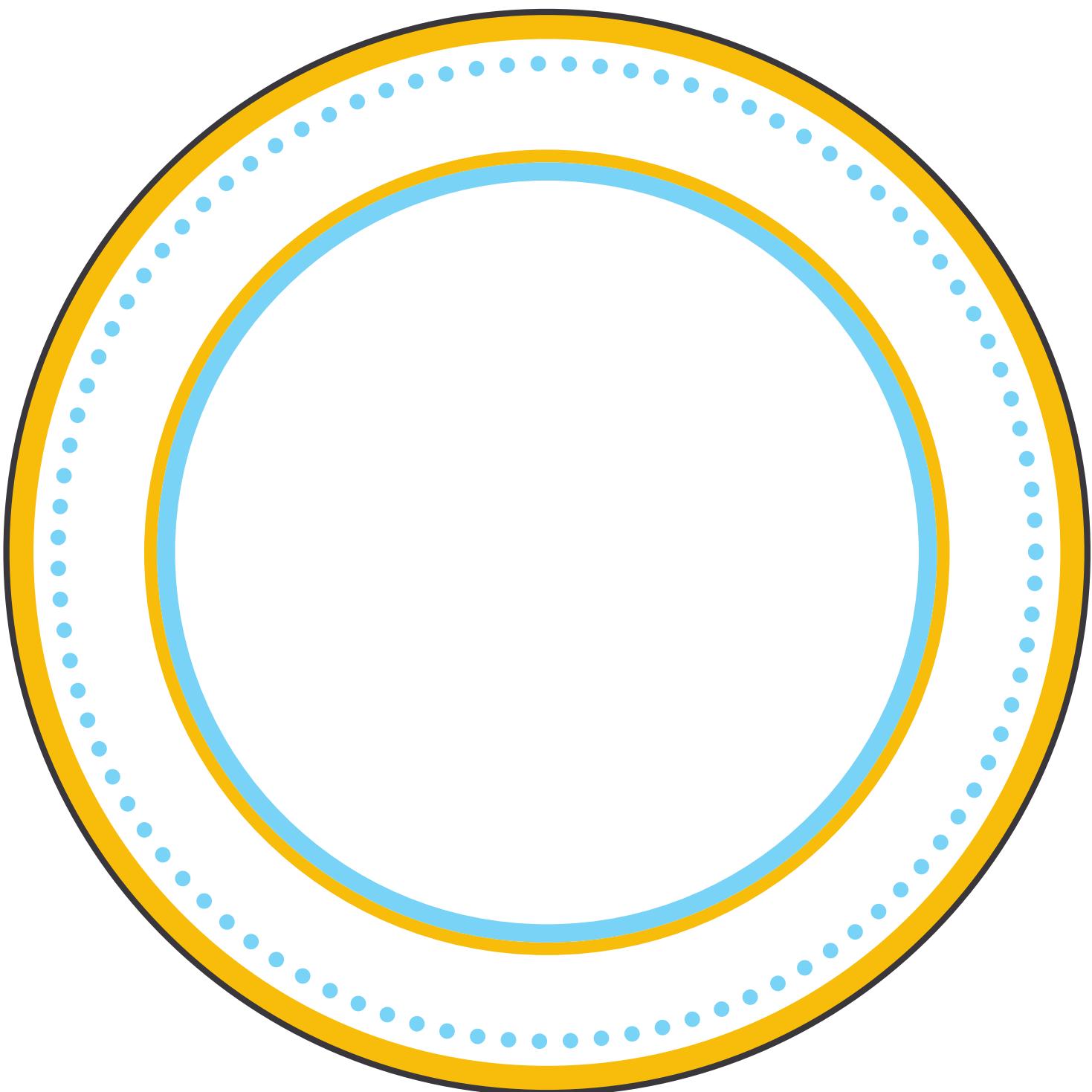


OTHER FOODS IN PLATE

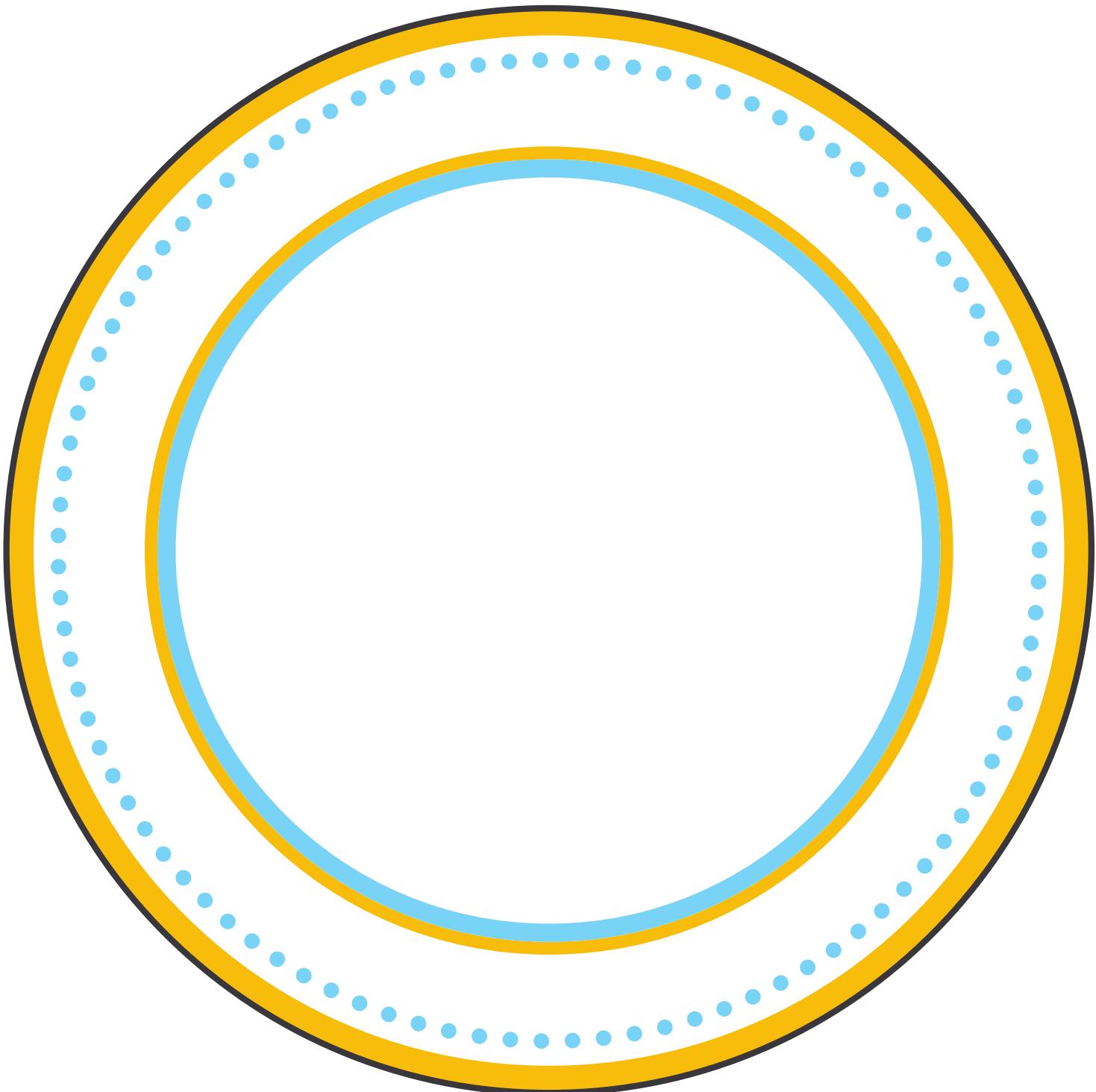
Cut and use it for decorating your plate given below



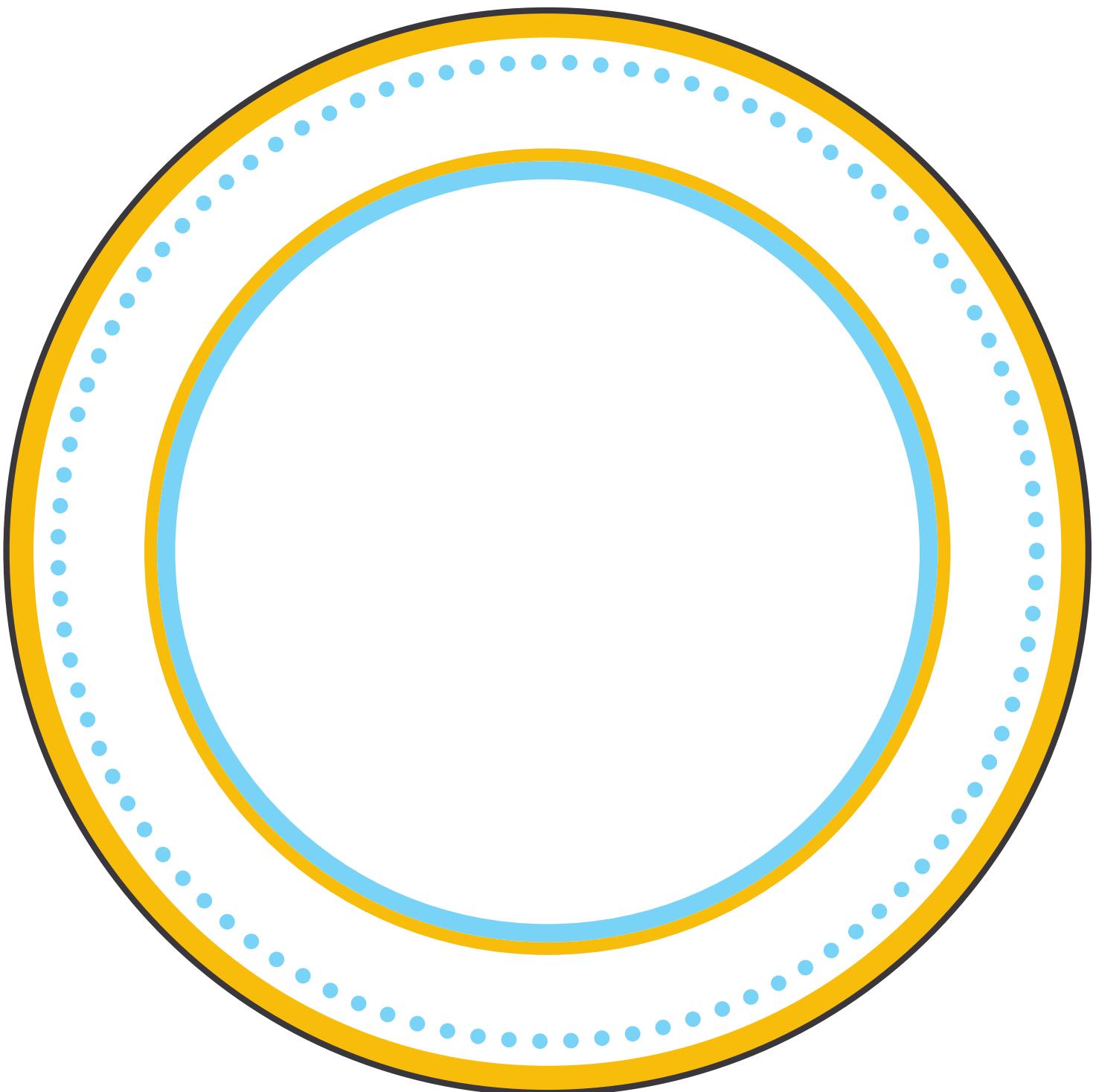
MY MEAL PLAN - I SHOULD EAT LOT OF THESE FOODS



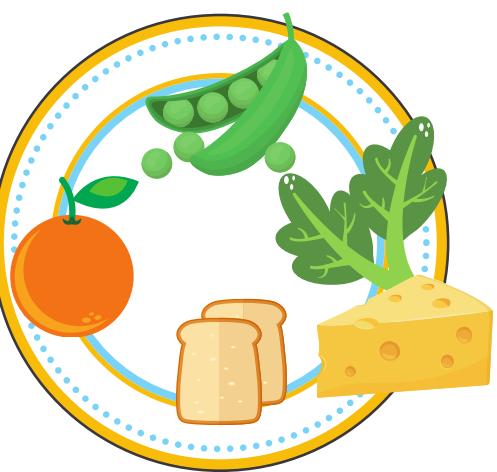
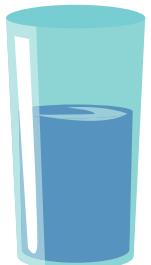
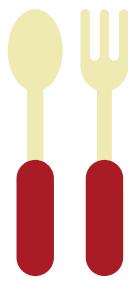
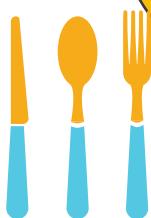
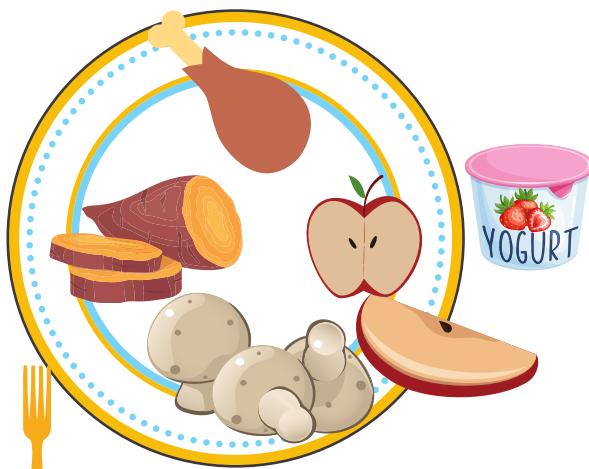
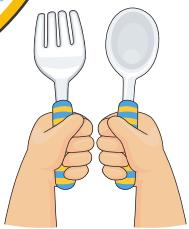
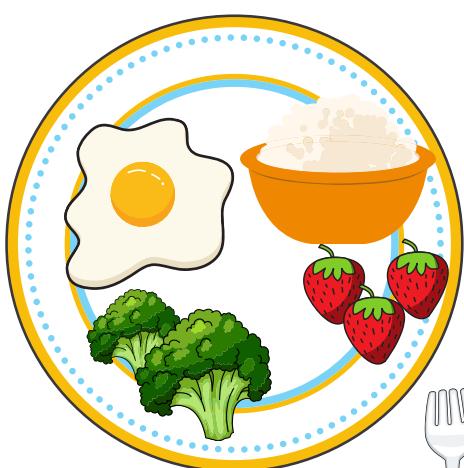
MY MEAL PLAN - I SHOULD EAT THESE FOODS SOMETIMES



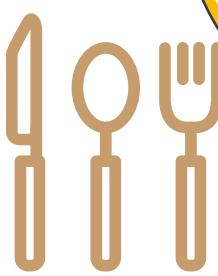
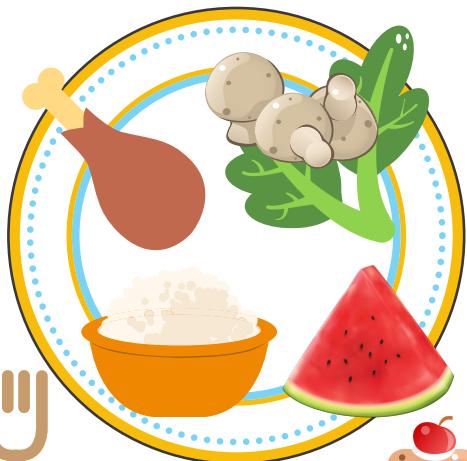
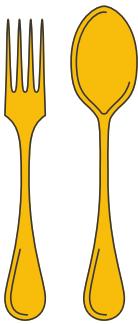
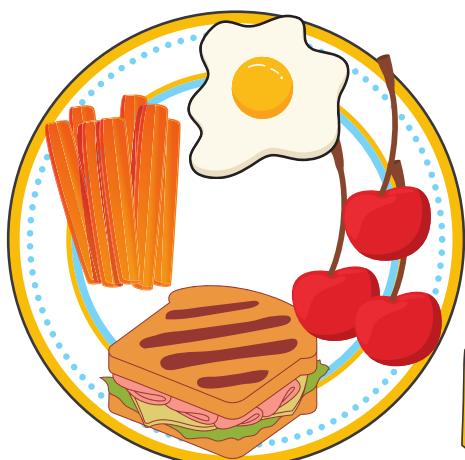
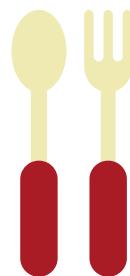
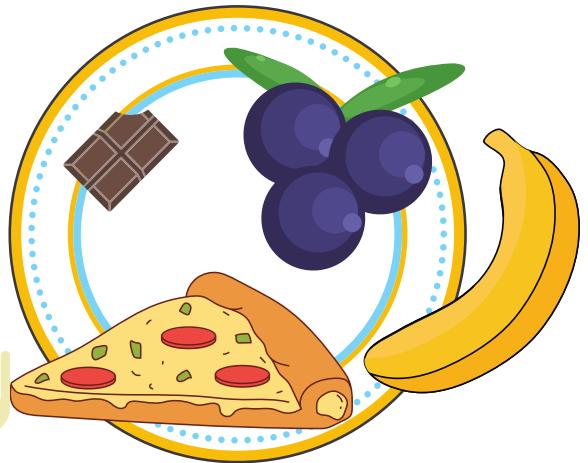
MY MEAL PLAN - I SHOULD ONLY EAT LITTLE BIT OF THESE FOODS



PLATING PATTERNS



PLATING PATTERNS



FOOD GROUP - SORTING

DAIRY

FRUITS

FOOD GROUP - SORTING

VEGETABLES

MEAT

FOOD GROUP - SORTING

CARBOHYDRATES

SUGARS

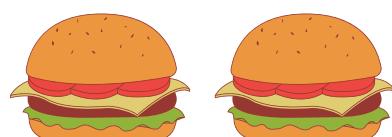
FOOD GROUP - SORTING

JUNKS

NUTS

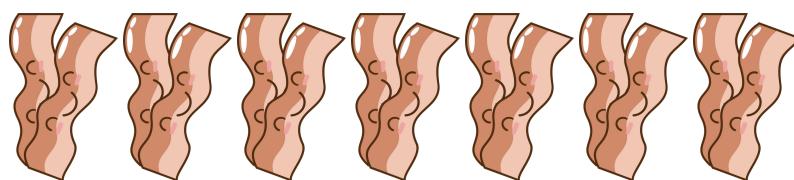
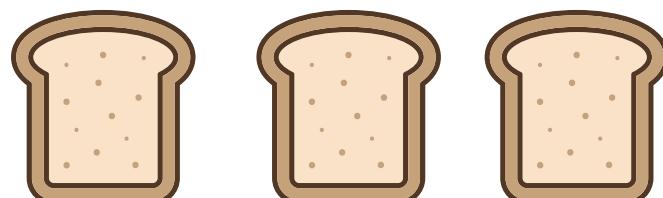
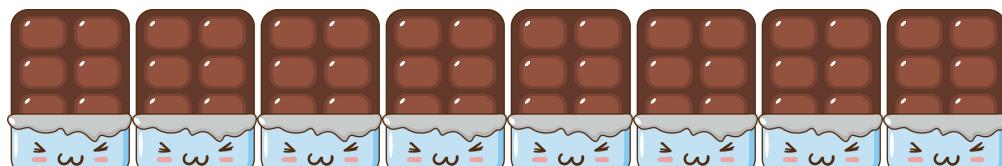
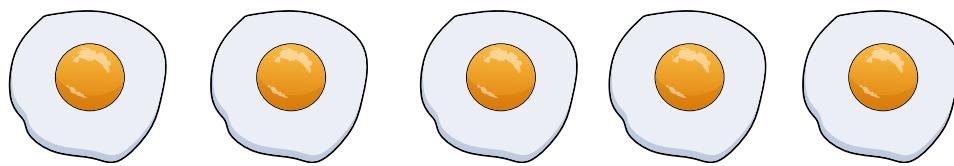
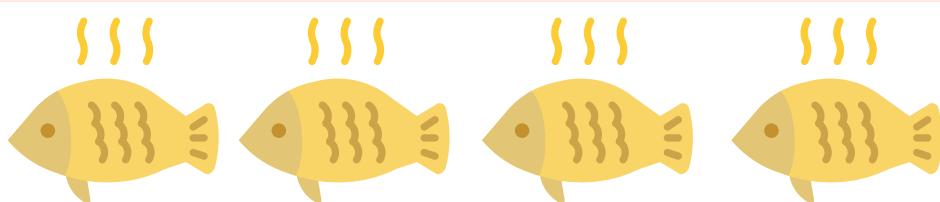
Count the Food

How many Food elements do you count?
Write the number or say it louder



COUNT THE FOOD

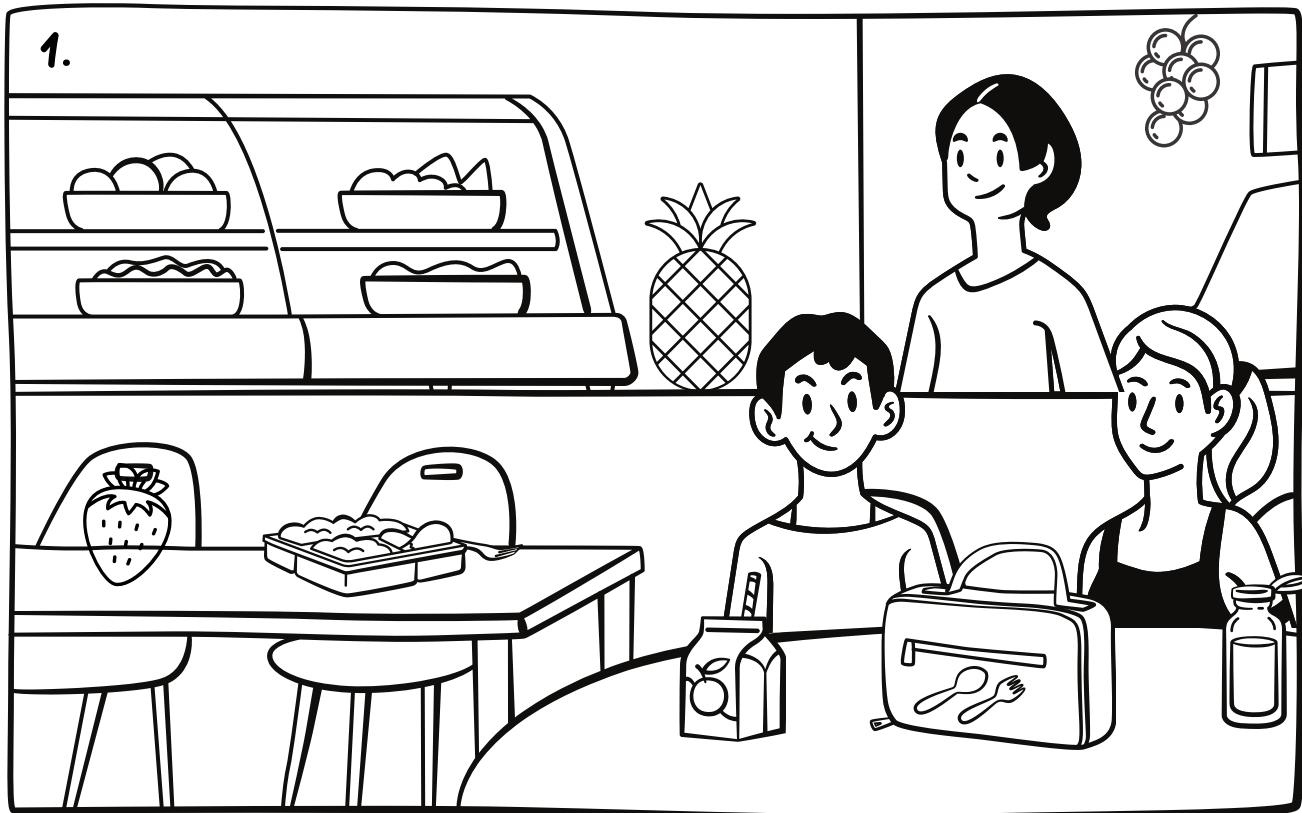
How many Food elements do you count?
Write the number in the box next to it or say it louder



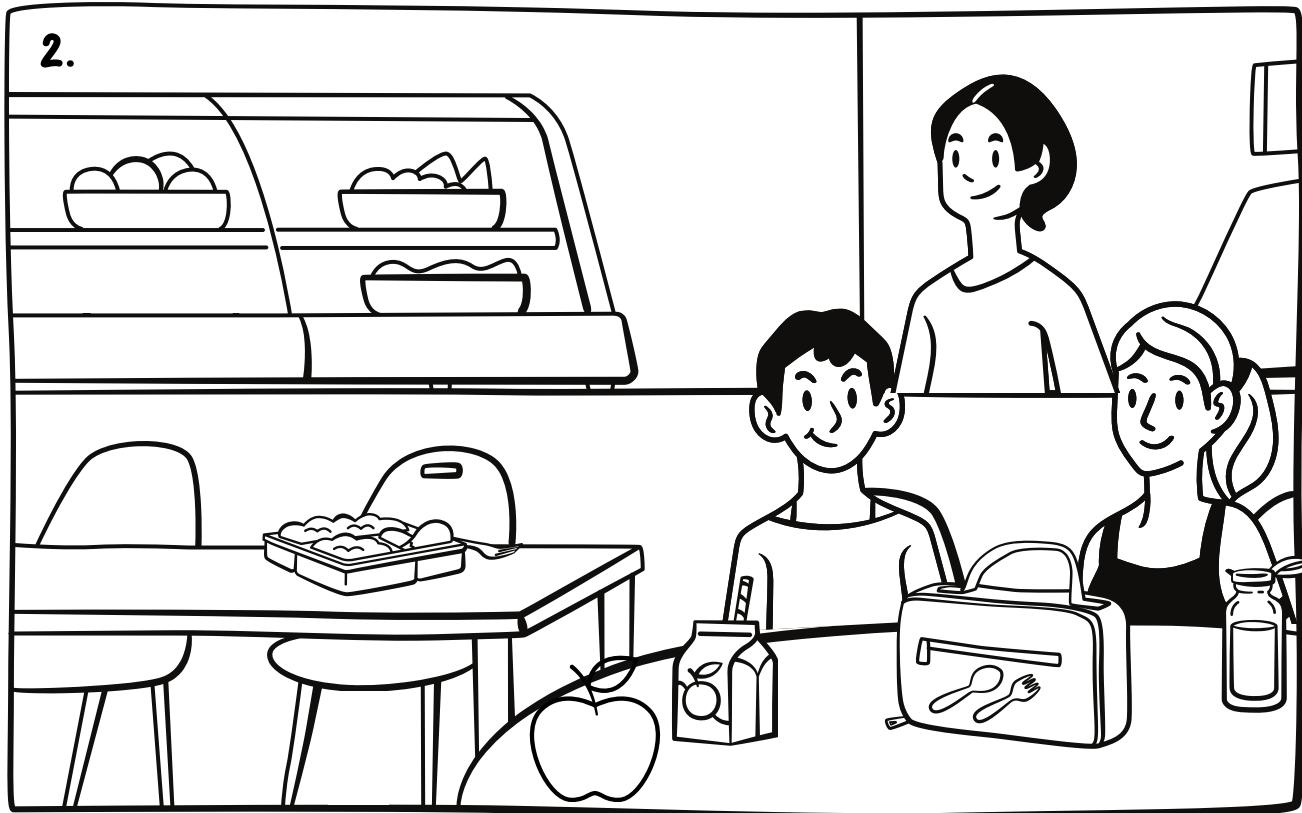
SPOT THE DIFFERENCE

coloring Difference

1.



2.



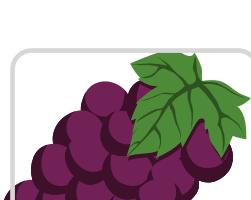
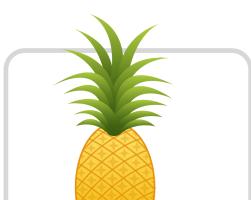
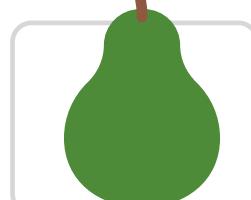
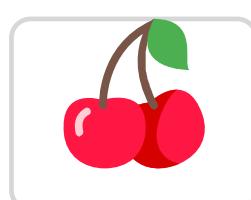
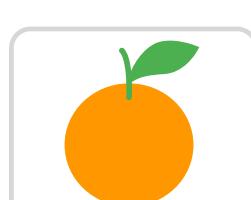
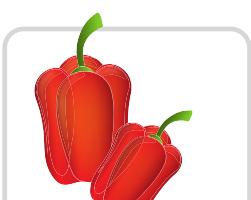
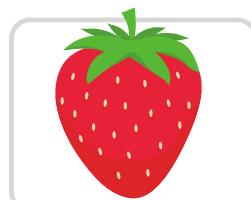
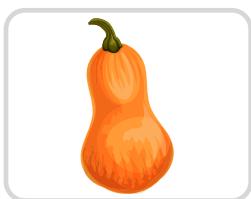
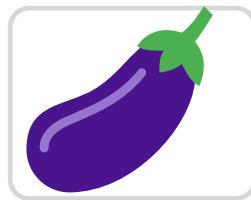
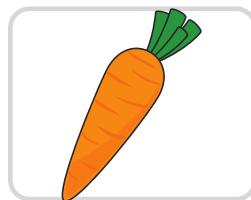
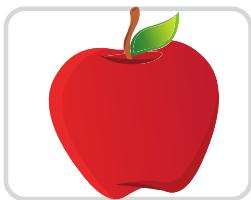


Food Rainbow

Cut and paste the food matching
the color

Red	Orange	Yellow	Green	Purple

Cut and paste the food matching the color in the above sheet

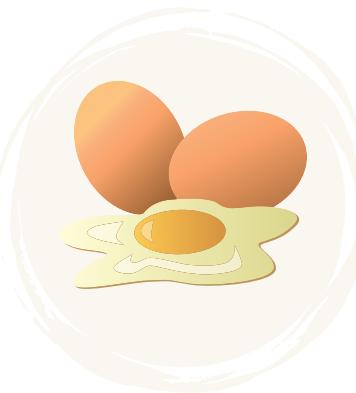
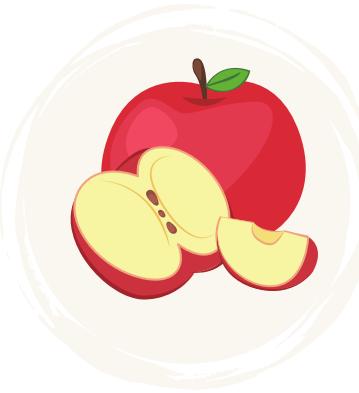
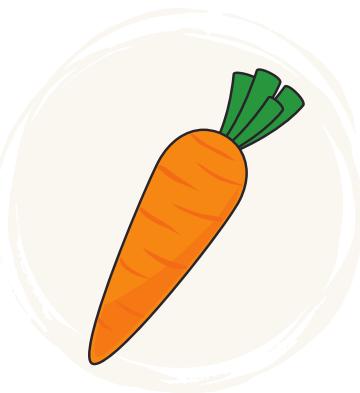


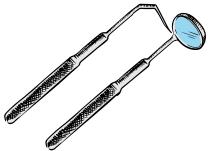


Healthy teeth

▶ Circle the foods that are good for the teeth in Green

▶ Circle the foods which gives cavity in Red



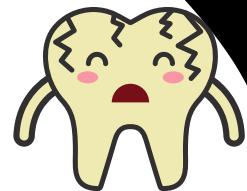


GOOD AND BAD FOR TEETH

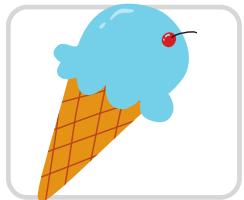
Cut and paste the food



Good Food



Bad Food



Fruit Additions

Add the Fruits together. Write the sum on the line.

$$\begin{array}{ccc} \text{apple} & \text{apple} & + \end{array} \quad \begin{array}{ccc} \text{apple} & \text{apple} & \text{apple} \end{array} = \underline{\hspace{2cm}}$$

$$\begin{array}{c} \text{orange} \\ + \end{array} \quad \begin{array}{ccc} \text{orange} & \text{orange} \end{array} = \underline{\hspace{2cm}}$$

$$\begin{array}{c} \text{strawberry} & \text{strawberry} \\ + \end{array} \quad \begin{array}{ccc} \text{strawberry} & \text{strawberry} \end{array} = \underline{\hspace{2cm}}$$

$$\begin{array}{c} \text{banana} \\ + \end{array} \quad \begin{array}{c} \text{banana} \end{array} = \underline{\hspace{2cm}}$$

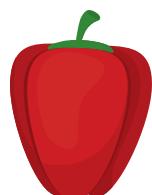
$$\begin{array}{ccc} \text{watermelon slice} & \text{watermelon slice} & + \end{array} \quad \begin{array}{c} \text{watermelon slice} \end{array} = \underline{\hspace{2cm}}$$



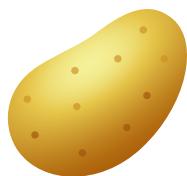
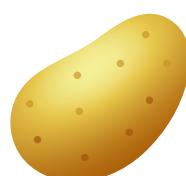
vegetable Additions

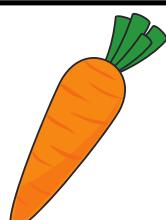
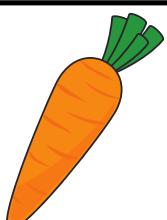
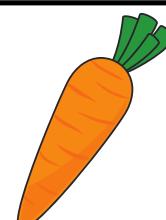
Add the Fruits together. Write the sum on the line.

 $+$  $=$

 $+$  $=$

 $+$  $=$

 $+$  $=$

 $+$  $+$  $=$

