NUTRITION SORTING

Fruit or Vegetable | page 2

Use pieces on page 5 to sort fruits from vegetables. Be sure to identify each as you go!

Everyday Foods or Sometimes Foods | page 3

Use pieces on page 6 to sort foods into "everyday" or "sometimes" categories. You can include fruits and vegetables if you wish, but they are always foods!

Make a Plate | page 4

Use pieces from both pages to create a healthy plate

The Music Settlement

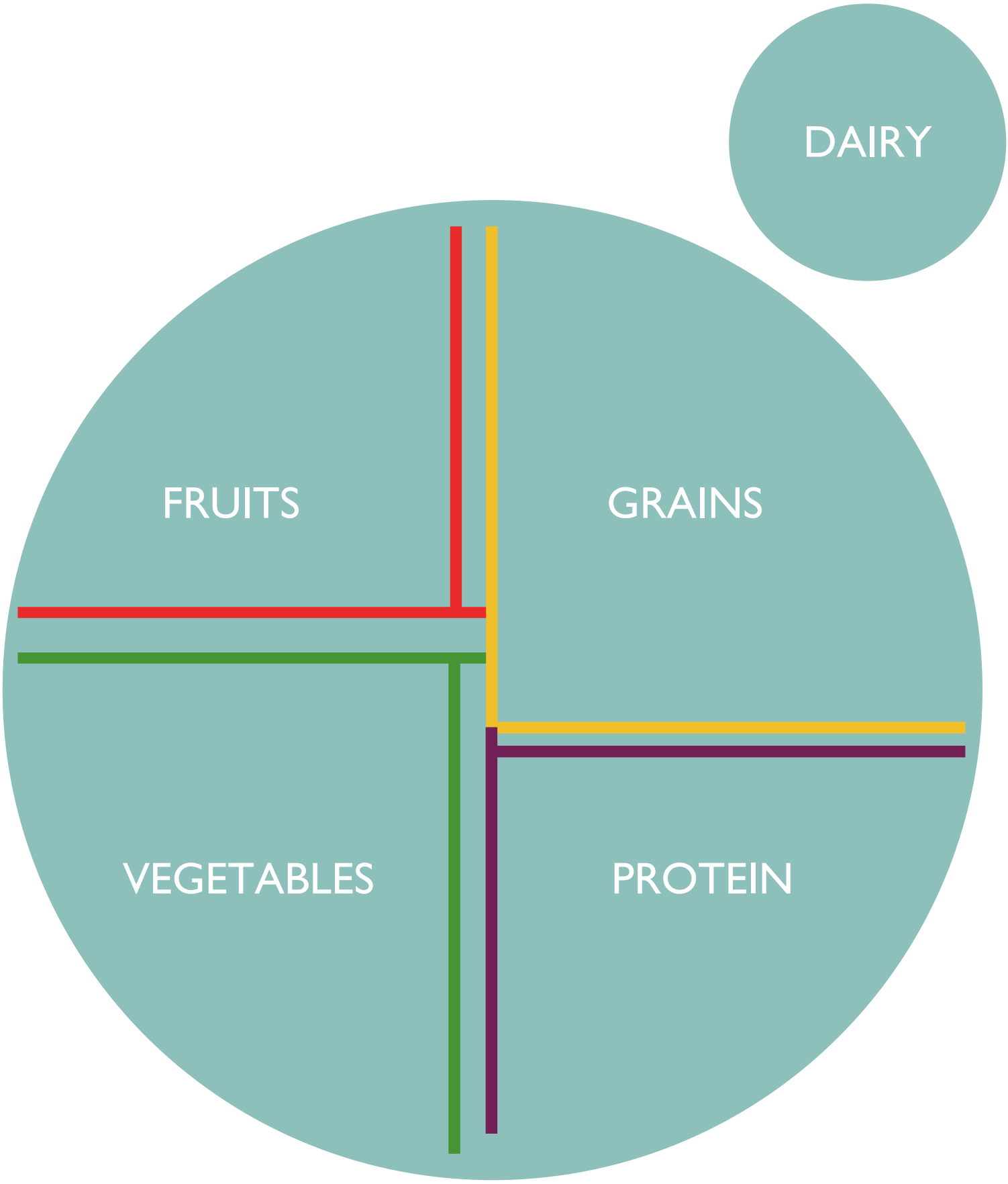
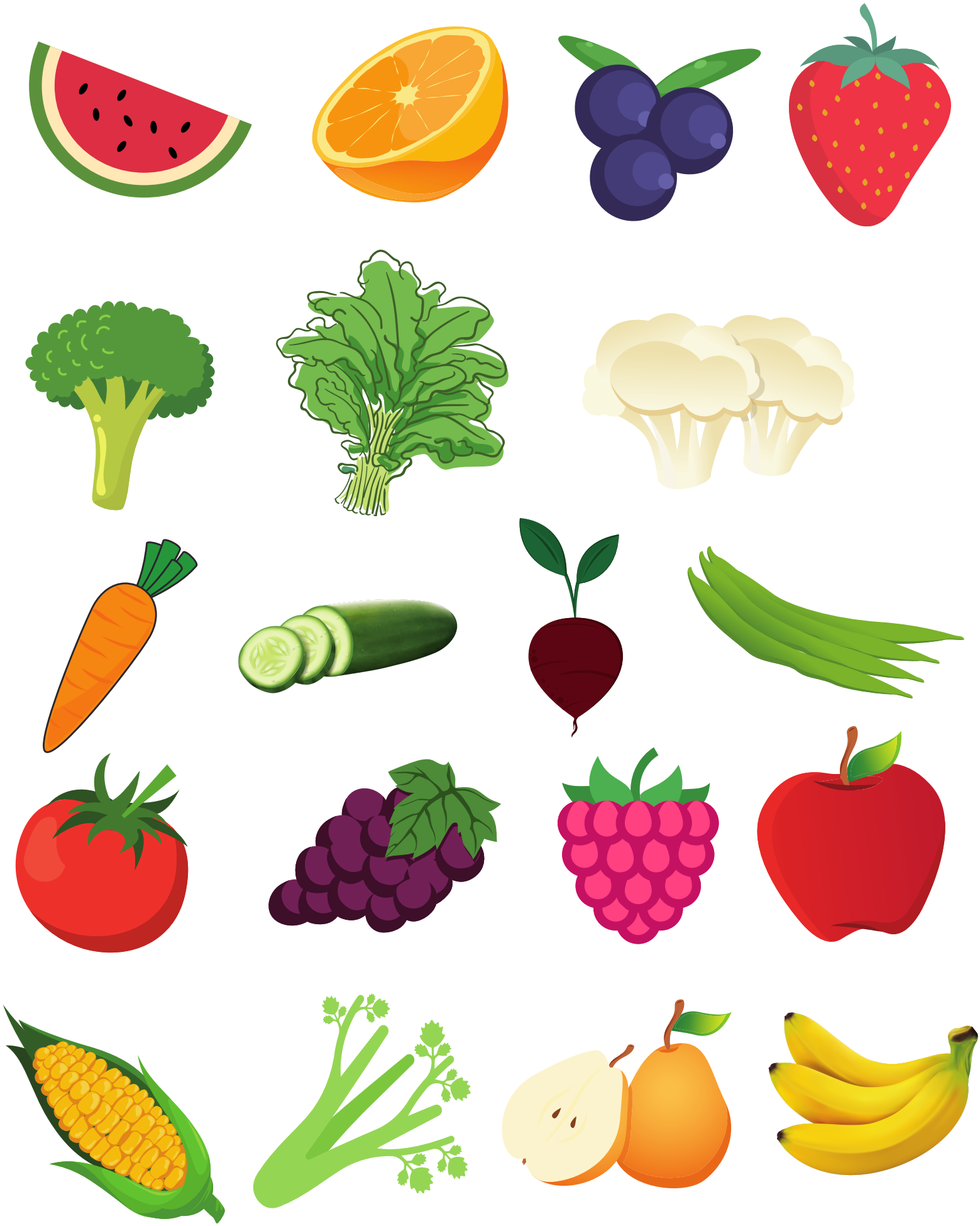
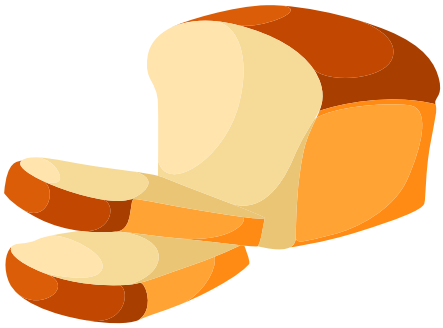
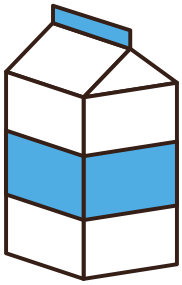
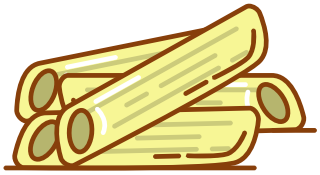
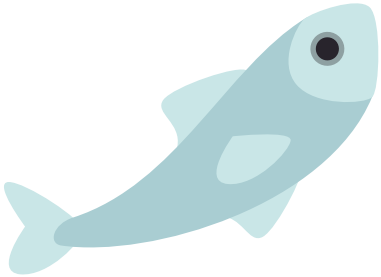
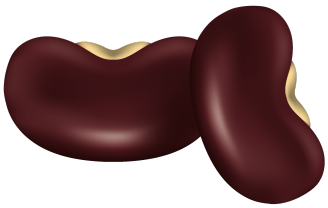
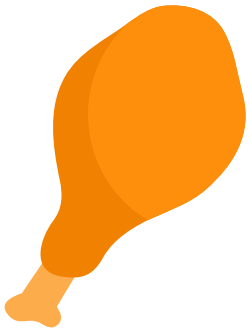
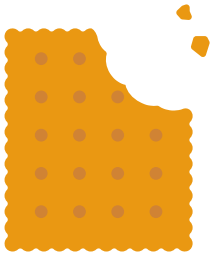
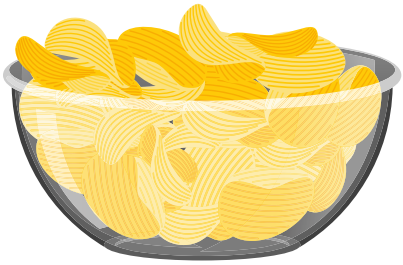
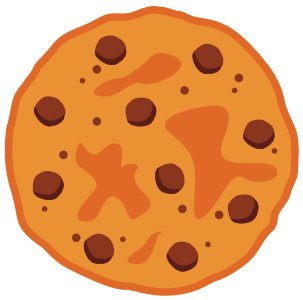
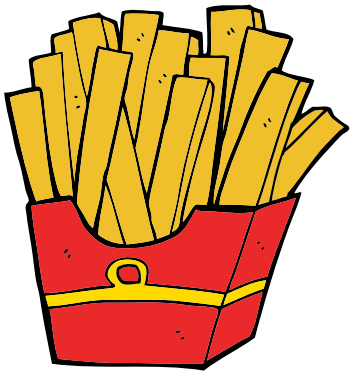
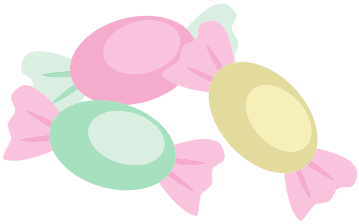
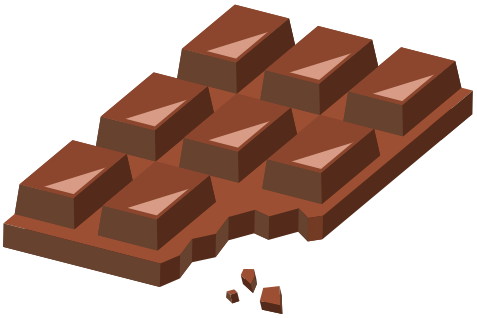
OHIO CITY · UNIVERSITY CIRCLE

FRUIT

VEGETABLE

EVERYDAY

SOMETIMES


DAIRY
FRUITS
GRAINS
VEGETABLES
PROTEIN