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