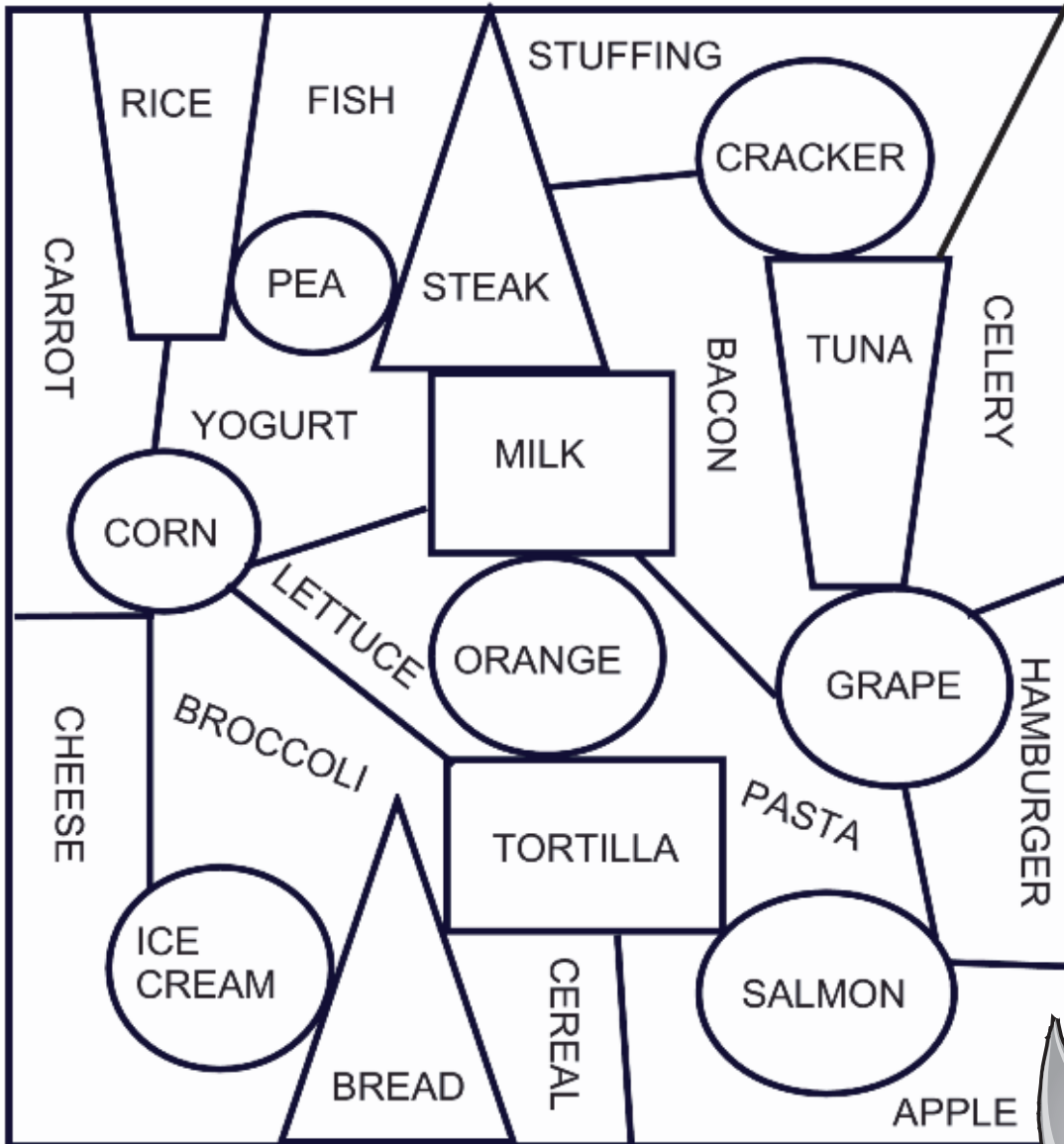


How Much Do You Know About Your Food?

LIFT-OFF!



USDA Farm Service Agency

Answer Key: How much do you know about your food?
 Grain: bread, tortilla, cereal, pasta, stuffing, rice, cracker / Meat: salmon, steak, hamburger, tuna, bacon, fish
 Fruit: grape, apple, orange / Vegetables: celery, pea, carrot, broccoli, corn, lettuce / Dairy: milk, yogurt, cheese, ice cream

Color these foods:

Vegetable — Green

Grains — Yellow

Fruit — Orange

Dairy — Pink

Meat — Blue

