1. I DON'T KNOW WHAT IT MEANS TO EAT A VARIETY OF FOODS.

2. DIFFERENT FOODS GIVE MY GROWING BODY DIFFERENT NUTRIENTS. HELP ME PICK THE BEST ANSWER.

A) YOU SHOULD EAT THE SAME NUTRITIOUS FOODS AT EVERY MEAL.
B) YOU SHOULD EAT MANY DIFFERENT TYPES OF FOODS.

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3. I'm planning a low cost meal. Which food in each pair is usually cheaper?

- A: Chicken breast
- B: Beans
- C: Bread
- D: Donut
- E: Whole milk
- F: Yogurt
- G: Fresh fruit
- H: Dried fruit
- I: Plain frozen vegetables (12 oz.)
- J: Frozen vegetables with sauces (12 oz.)

4. I think that children should eat at least this many servings of food each day. Is this... right? or wrong?
WHY CAN'T I EAT CANDY AND POP FOR LUNCH?

THOSE ITEMS ARE CALLED "OTHER" FOODS AND SHOULD NOT BE EATEN VERY OFTEN BECAUSE...

A THEY ARE USUALLY HIGH IN CALORIES, FAT, OR SUGAR

B THEY ARE NUTRITIOUS BUT COST A LOT