



LEARNING LADDERS

Good Food for You

What are the five main food groups? Are peanuts really nuts? Does wheat cover more of Earth's surface than any other food crop? Read *Good Food for You* to find out!

What did you learn?

QUESTIONS

1. Grains often make up ...
 - a. The second smallest part of your diet
 - b. The smallest part of your diet
 - c. The second largest part of your diet
 - d. The largest part of your diet
2. The meat and beans group includes ...
 - a. Strawberries
 - b. Cucumbers
 - c. Chicken
 - d. Bread
3. Salmon is a kind of fish that has healthy ...
 - a. Skin
 - b. Sauce
 - c. Oil
 - d. Fats
4. The body needs lots of ...
 - a. Water
 - b. Soda
 - c. Sports drinks
 - d. Milk
5. Do olives grow in areas of warm climate or in cold regions of the world?
6. What food crop covers more of Earth's surface than any other?

TRUE OR FALSE?

- | | | | |
|-------|---|-------|--|
| _____ | 1. Fats are not one of the five food groups. | _____ | 4. Tofu is made of soybeans. |
| _____ | 2. Vegetables should only be eaten raw. | _____ | 5. The milk group only includes milk. |
| _____ | 3. Fruits are important sources of many vitamins that help keep the body healthy. | _____ | 6. Most of your meat and poultry choices should be lean. |

ANSWERS

1. d. The largest part of your diet.

According to section "Grains" on page 6, we know that "Grains often make up the largest part of your diet." So, the correct answer is D.

2. c. Chicken. According to section "Meat and beans" on page 14, we know that "The meat and beans group includes beef, poultry (chicken and turkey), pork, and fish." So, the correct answer is C.

3. d. Fats. According to section "Fats" on page 18, we know that "Salmon is a kind of fish that has healthy fats." So, the correct answer is D.

4. a. Water. According to section "Living Healthy" on page 22, we know that "The body needs lots of water every day." So, the correct answer is A.

5. According to page 19, olive trees grow in warm regions of the world.

6. According to page 26, "wheat covers more of Earth's surface than any other food crop."

TRUE OR FALSE? ANSWERS

1. True. According to section "Food Groups" on page 4, we know that "Fats are not one of the five food groups." So, the correct answer is True.

2. False. According to section "Vegetables" on page 8, we know that "Vegetables can be eaten raw or cooked." So, the correct answer is False.

3. True. According to section "Fruits" on page 10, we know that "They are important sources of many vitamins that help keep the body healthy." So, the correct answer is True.

4. True. According to section "Meat and Beans" on page 15, we know that "Tofu is made from soybeans." So, the correct answer is True.

5. False. According to section "Milk" on page 16, we know that "The milk group includes any foods made with milk." So, the correct answer is False.

6. True. According to section "Eating Healthy" on page 20, we know that "Most of your meat and poultry choices should be lean (with little fat)." So, the answer is True.