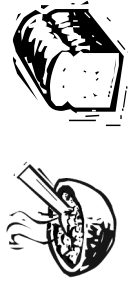


STAR ACTIVITY SHEET

**Whole Grain Bread
or Oatmeal**



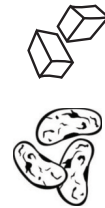
Carbohydrate
Whole
Grain/starch



Broccoli, spinach, apple or pear

Protein – Animal/Vegetable

**Chicken,
Turkey, beef**



Beans, tofu

**Where do I
belong?**

Put food
into the correct
category.

Protein – Dairy



Milk, yogurt, cheese

Carbohydrate -Fruit and veggie



**Avocado, butter,
olive oil**

Fats

Review Questions

1. What are the 3 fuels our bodies need to perform at their best?

2. What is an example of animal protein?

3. What is an example of grain carbohydrate?

4. What do we call a fat that is good for our bodies, not harmful?
