

Word Bank

whole nuts
seeds
margarine
donuts
whole chicken
sports drink
apple
milk
American cheese
chicken nuggets
French fries
butter
Cheddar cheese
water
candy
corn tortilla
cookies
baked potato
avocado
beans
hot dogs
fried zucchini sticks
orange
whole wheat bread
salsa

Shopping Activity

Name: _____

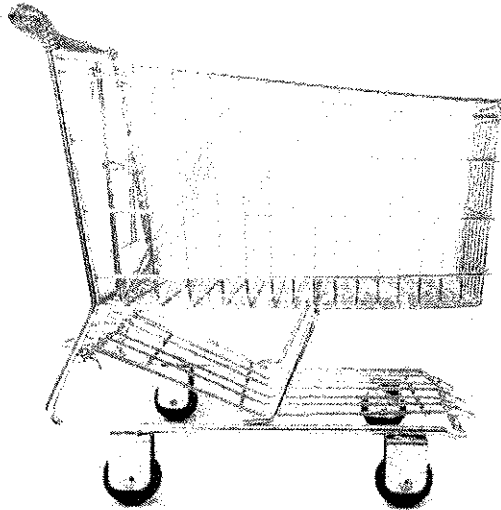
Date: _____



ANSWER SHEET

Higher-quality Foods

Whole nuts, seeds, whole chicken, apple, milk, butter, Cheddar cheese, water, baked potato, avocado, beans, orange, whole wheat bread, corn tortilla, salsa



Lower-quality Foods

Margarine, donuts, sports drinks, American cheese, chicken nuggets, French fries, candy, cookies, hot dogs, fried zucchini sticks

