

# Third Grade Matching Activity



Draw lines to match the lower-quality food with the higher-quality food choice.

**LOWER QUALITY**

American cheese 

Chicken nuggets 

Apple Juice 

French Fries 

Sports drink 

White bread 

Tortilla chips 

Margarine 

**HIGHER QUALITY**

 Whole apple

 Cheddar cheese

 Whole wheat bread

 Fresh chicken

 Real butter

















 Corn tortilla

 Baked potato

 Water

# Third Grade Matching Activity Answer Sheet



LOWER QUALITY		HIGHER QUALITY	
American cheese			Whole apple
Chicken nuggets			Cheddar cheese
Apple Juice			Whole wheat bread
French Fries			Fresh chicken
Sports drink			Real butter
White bread			Corn tortilla
Tortilla Chips			Baked potato
Margarine			Water