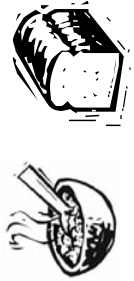


# STAR ACTIVITY SHEET



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**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.

Carbohydrate -Fruit and veggie

Fats



**Avocado, butter,  
olive oil**

Protein – Dairy



**Milk, yogurt, cheese**

## Review Questions

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

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2. What is an example of animal protein?

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3. What is an example of grain carbohydrate?

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

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