

Student Activity Sheet C

Choose 6 of the following from the Grains Group:

*Bagel *English Muffin *Bread *Muffin
*Cereal *Rice *Pasta *Tortilla Shells
*Pizza Crust *Biscuits *Rolls/Buns

Choose 3 of the following items from the Dairy Group:

*Milk *Yogurt *Cream Cheese
*Mozzarella or cheddar shredded cheese *String Cheese
*Cheese slices *Cottage Cheese *Sour cream

Choose 3 of the following from the Fruits Group:

*Banana *Apple *Grapes *Orange
*Strawberries *Blueberries *Natural fruit juice
*Applesauce *Fruit cup *Raisins

Choose 3 of the following from the Vegetables Group:

*Broccoli *Corn *Green Beans *Lettuce
*Peas *Carrots *Spinach *Tomato Sauce
*Onions *Mushrooms *Peppers

Choose 2 of the following from the Proteins Group:

*Chicken *Eggs *Fish *Beans
*Beef *Ham *Turkey *Pepperoni