

## Matching

*Directions:* Write the letter of the word in front of the definition that matches it.

- |                          |        |  |
|--------------------------|--------|--|
| a. nutrition/diet        | ___1.  | It tells you how long you can keep food.                         |
| b. good nutrition        | ___2.  | oils, cookies, and candy   |
| c. energy                | ___3.  | food from the six major food groups                              |
| d. balanced diet         | ___4.  | milk, yogurt, and cheese   |
| e. right-size serving    | ___5.  | Fresh and frozen vegetables and fruits are healthier than _____. |
| f. dairy group           | ___6.  | everything that you eat or drink                                 |
| g. fruit group           | ___7.  | meat, fish, dried beans, eggs, and nuts                          |
| h. protein group         | ___8.  | The healthy amount of food for a person.                         |
| i. nutrition label       | ___9.  | Look at the _____ to learn the number of serving sizes.          |
| j. vegetable group       | ___10. | eating and drinking things that are healthy for your body        |
| k. broil                 | ___11. | apples, oranges, and bananas                                     |
| l. grain group           | ___12. | bread, rice, pasta, and cereal                                   |
| m. fats and sweets group | ___13. | Good nutrition gives you _____.                                  |
| n. canned                | ___14. | broccoli, carrots, peas, and green beans                         |
| o. expiration date       | ___15. | Nutrition labels are on _____.                                   |
| p. food packages         | ___16. | a healthy way to cook  |
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## Matching Answer Key

*Directions:* Write the letter of the word in front of the definition that matches it.

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|--------------------------|----------|---|
| a. nutrition/diet        | <u>o</u> | 1. It tells you how long you can keep food.                         |
| b. good nutrition        | <u>m</u> | 2. oils, cookies, and candy   |
| c. energy                | <u>d</u> | 3. food from the six major food groups                              |
| d. balanced diet         | <u>f</u> | 4. milk, yogurt, and cheese   |
| e. right-size serving    | <u>n</u> | 5. Fresh and frozen vegetables and fruits are healthier than _____. |
| f. dairy group           | <u>a</u> | 6. everything that you eat or drink                                 |
| g. fruit group           | <u>h</u> | 7. meat, fish, dried beans, eggs, and nuts                          |
| h. protein group         | <u>e</u> | 8. The healthy amount of food for a person.                         |
| i. nutrition label       | <u>i</u> | 9. Look at the _____ to learn the number of serving sizes.          |
| j. vegetable group       | <u>b</u> | 10. eating and drinking things that are healthy for your body       |
| k. broil                 | <u>g</u> | 11. apples, oranges, and bananas                                    |
| l. grain group           | <u>l</u> | 12. bread, rice, pasta, and cereal                                  |
| m. fats and sweets group | <u>c</u> | 13. Good nutrition gives you _____.                                 |
| n. canned                | <u>j</u> | 14. broccoli, carrots, peas, and green beans                        |
| o. expiration date       | <u>p</u> | 15. Nutrition labels are on _____.                                  |
| p. food packages         | <u>k</u> | 16. a healthy way to cook   |
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