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
k. broil  ____10. eating and drinking things that are healthy for your body
l. grain group  ____11. apples, oranges, and bananas
m. fats and sweets group  ____12. bread, rice, pasta, and cereal
n. canned  ____13. Good nutrition gives you ___________.
o. expiration date  ____14. broccoli, carrots, peas, and green beans
p. food packages  ____15. Nutrition labels are on ___________.

____16. a healthy way to cook
Matching Answer Key

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

1. It tells you how long you can keep food.  
   - **o**  
   - It tells you how long you can keep food.
2. Oils, cookies, and candy.  
   - **m**  
   - Good nutrition.
3. Food from the six major food groups.  
   - **d**  
   - Energy.
4. Milk, yogurt, and cheese.  
   - **f**  
   - Balanced diet.
5. Fresh and frozen vegetables and fruits are healthier than __________.  
   - **n**  
   - Right-size serving.
6. Everything that you eat or drink.  
   - **a**  
   - Dairy group.
7. Meat, fish, dried beans, eggs, and nuts.  
   - **h**  
   - Fruit group.
8. The healthy amount of food for a person.  
   - **e**  
   - Protein group.
9. Look at the __________ to learn the number of serving sizes.  
   - **i**  
   - Nutrition label.
10. Eating and drinking things that are healthy for your body.  
   - **b**  
   - Vegetable group.
11. Apples, oranges, and bananas.  
   - **g**  
   - Broil.
   - **l**  
   - Grain group.
13. Good nutrition gives you __________.  
   - **c**  
   - Fats and sweets group.
   - **j**  
   - Canned.
15. Nutrition labels are on __________.  
   - **p**  
   - Expiration date.
16. A healthy way to cook.  
   - **k**  
   - Food packages.