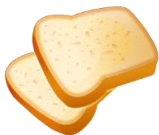
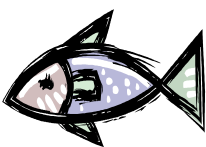


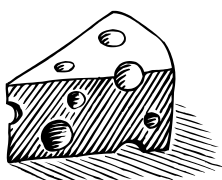



Worksheet: Go, Grow and Glow Foods

True or False: Write the letter T if the sentence is true and the letter F if the sentence is false.

- _____ 1. Pasta and bread can give you fuel to be active.
- _____ 2. GROW food will give you strong teeth and bones.
- _____ 3. Vegetables do not belong to any of the Go, Grow and Glow food types.
- _____ 4. Potato chips, lemonade or jellybeans will make a healthy snack.
- _____ 5. Beef and chicken are examples of GROW foods.
- _____ 6. I can run, jump and play all day because I eat lots of GO foods.
- _____ 7. Eating only GROW foods is enough to make you healthy.
- _____ 8. Cereal, milk and a banana make a Go, Grow and Glow breakfast meal.

Read the directions and answer each of the following.

<p>Circle the Go food</p> 		
<p>Circle the Grow food</p> 		
<p>Circle the Glow food</p> 