**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.**

<table>
<thead>
<tr>
<th>Circle the Go food</th>
<th>Circle the Grow food</th>
<th>Circle the Glow food</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Go food" /></td>
<td><img src="image" alt="Grow food" /></td>
<td><img src="image" alt="Glow food" /></td>
</tr>
</tbody>
</table>