

The Great Munch Mix-Up



Answer Sheet

- Some combination foods, like cheeseburgers, contain more than one food group.

Pizza

Crust Grain Products

Cheese Milk Products

Tomatoes, Peppers, Mushrooms Vegetables & Fruit

Pepperoni Meat & Alternatives

- Write in the food groups found in the following foods. Do the same with one of your favourite combination foods.

Food: Falafel

Chick peas Meat & Alternatives

Pita bread Grain Products

Alfalfa sprouts Vegetables & Fruit

Plain yogurt Milk Products

Food: Spaghetti with meat sauce

Meat in sauce Meat & Alternatives

Tomato in sauce Vegetables & Fruit

Parmesan cheese Milk Products

Noodles Grain Products

Your Favourite Food - _____

_____	_____
_____	_____
_____	_____
_____	_____

