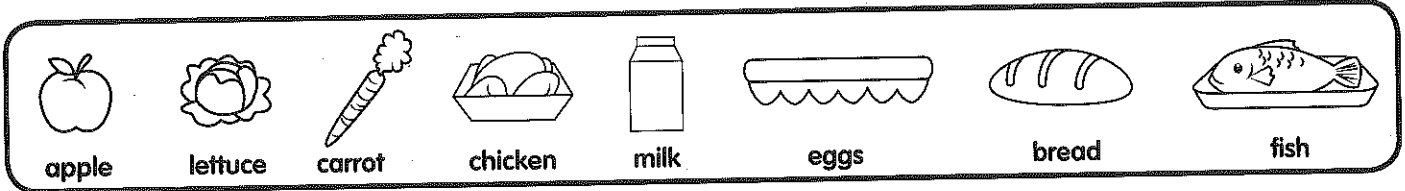


My name \_\_\_\_\_

nutrition/visual  
discrimination

# Find Healthy Foods

To be healthy, eat different kinds of food each day. Find these healthy foods at the grocery store.



apple



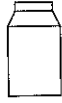
lettuce



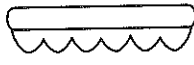
carrot



chicken



milk



eggs



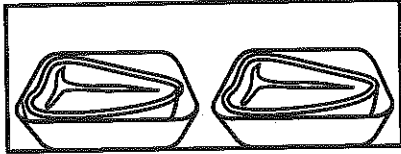
bread



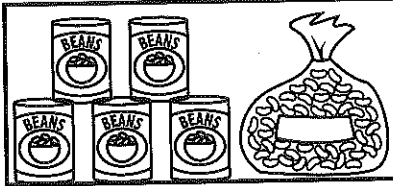
fish



## MEAT AND FISH



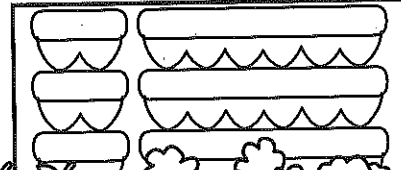
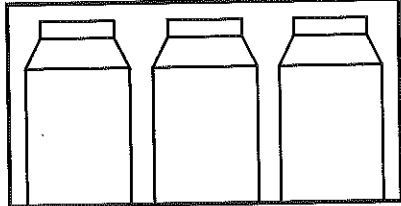
## BEANS



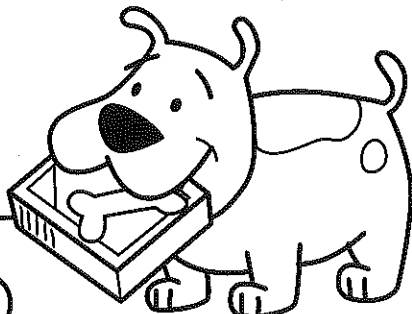
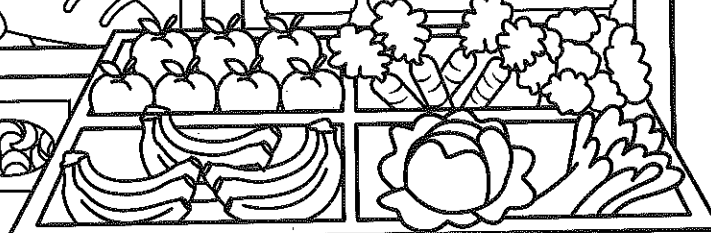
## GRAINS



## DAIRY



## FRUITS AND VEGETABLES



What other healthy foods do you see?