

## WORKBOOK

**1** Write the names of the foods.

### Fruit

1. lemons
2. oranges
3. apples
4. bananas

### Vegetables

5. lettuce
6. broccoli
7. potatoes
8. carrots

### Grains

9. rice
10. cereal
11. bread
12. integral cookies

### Fats and oils

13. butter
14. olive oil

### Dairy

15. milk
16. cheese

### Meat and other proteins

17. chicken
18. beans
19. nuts
20. fish



