



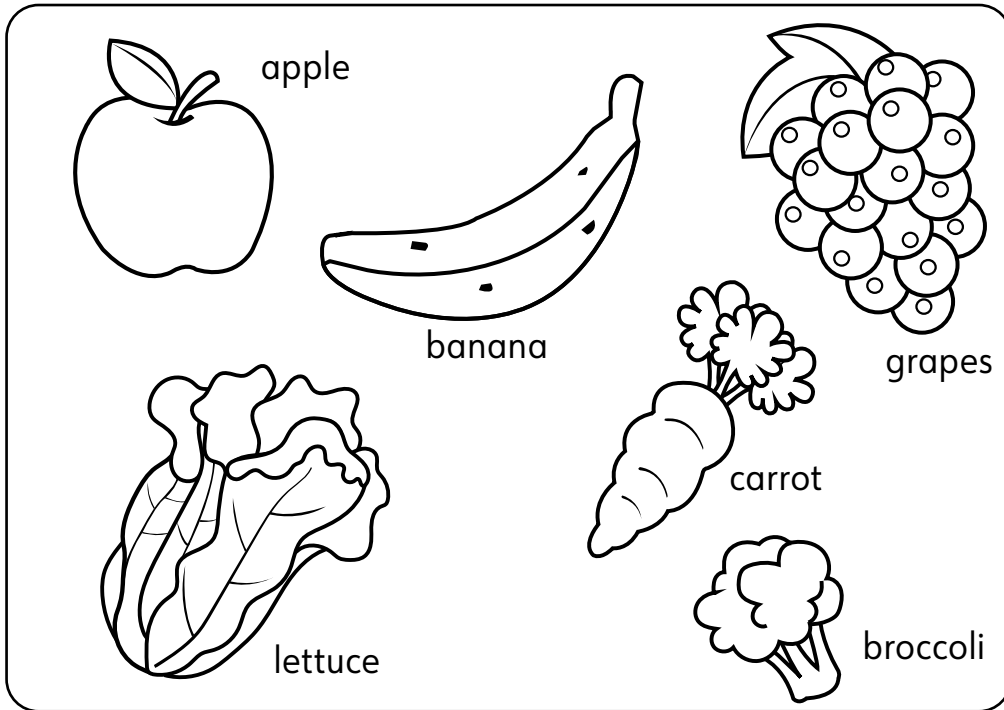
Pre-Primary

Love Fruits and Veggies

Part 1

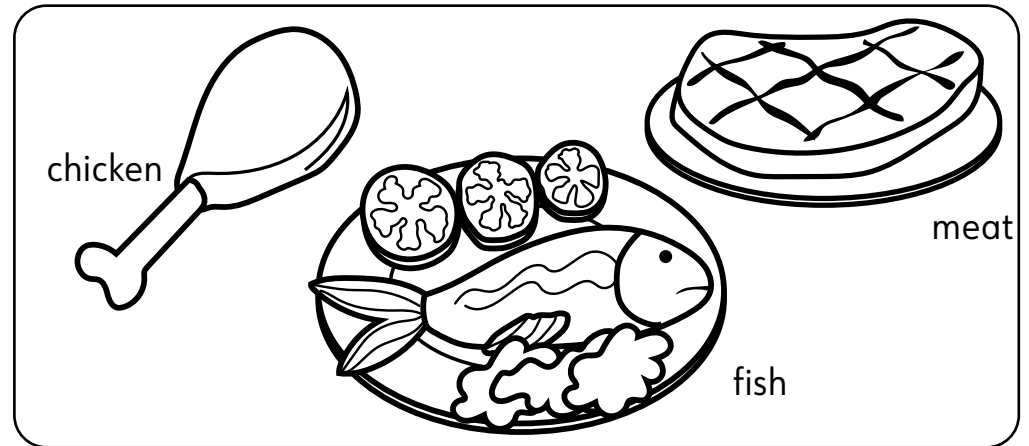
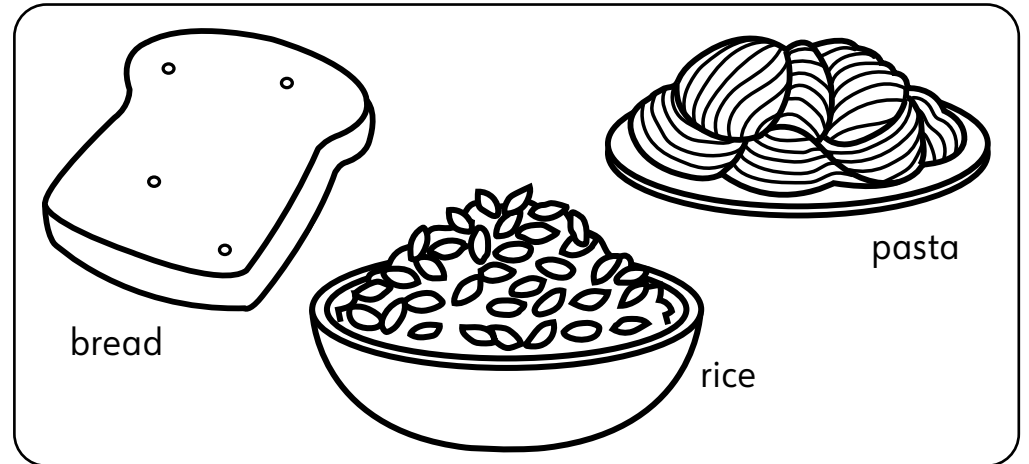
- A. Listen and point. Then say.
- B. Color the fruits and vegetables.
- C. Circle the food that we should eat the most.

Fruits



Vegetables

Grains



Protein



Pre-Primary

Part 2

A. Listen. Then say and point.

B. Look and color ✓ or X.

C. Look and circle.

- a. This plate has no fruit. 1 2 3 4
- b. This plate has no vegetables. 1 2 3 4

1

2

3

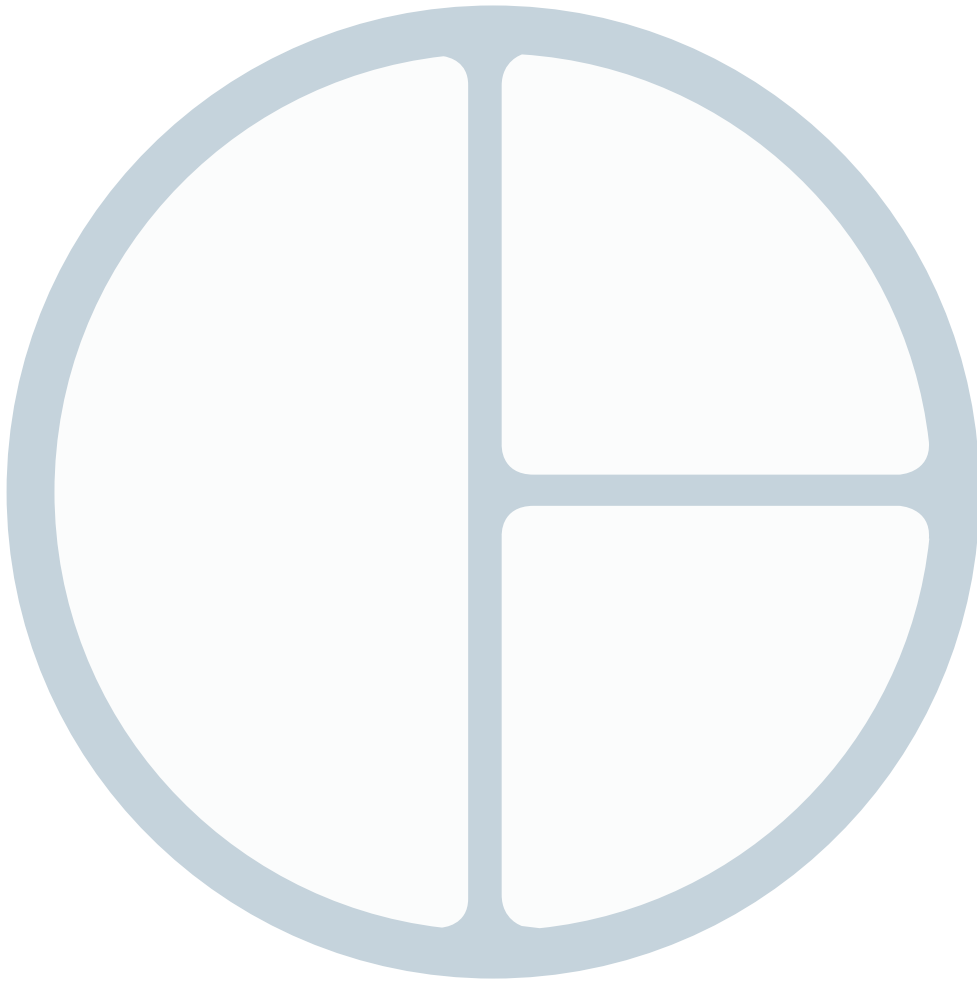
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Pre-Primary

Part 3

A. Think about the last meal you had. Draw your food on the plate. B. Is your plate complete? Does it have something from all four food groups? Which foods from this table could you add more of? Circle.





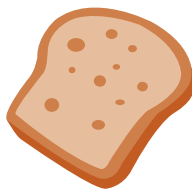

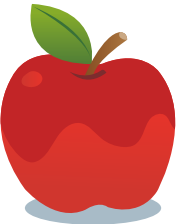
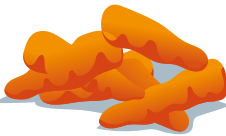
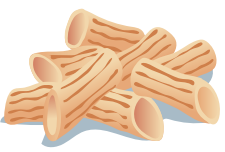




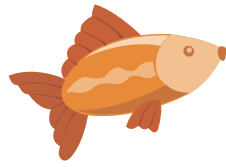
Fruit	Vegetables	Grains	Protein



Pre-Primary

Extension

A. What do you eat at home? Circle.

Fruit	Vegetables	Grains	Protein
			
			
			

B. Draw a healthy and delicious meal on the plate below.

