



Name:

Name the 5 food groups below.



Name:

**Read the paragraph below to guess the fruit.
Write your answer and draw a picture of it below.**

This fruit is red and covered in seeds.
It is also red on the inside.
It is sweet but sometimes a little sour too.
What fruit is it?



Name:

**How many vegetables do you know the names of?
Write them below.**



Name:

Use this worksheet to research a vegetable or fruit.

Vegetable or fruit name:

Which food group it is from:

How to grow it:

Ways to eat it:

Name:

Draw a picture of your favorite food.

