

To help you complete this worksheet, use the Good Food for You book.



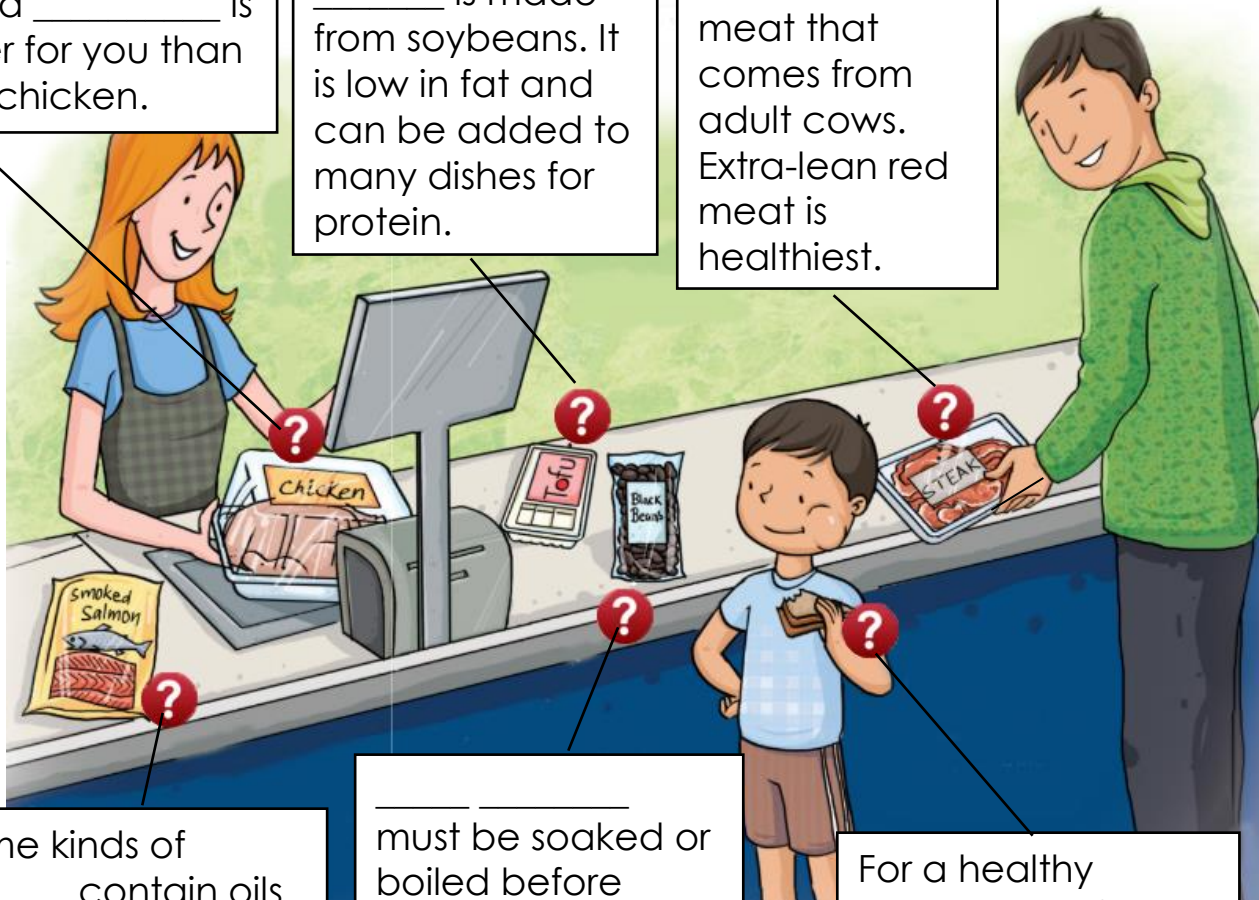
Meat and beans

The meat and beans group includes _____, poultry (chicken and turkey), pork, and fish. It also includes dry beans and peas, tofu, _____, nuts and seeds. These food have lots of _____. Protein is one of the main building materials of the body. Vegetarians get their protein from beans, grains, and vegetables.

Broiled, grilled, or baked _____ is better for you than fried chicken.

_____ is made from soybeans. It is low in fat and can be added to many dishes for protein.

_____ is a red meat that comes from adult cows. Extra-lean red meat is healthiest.



Some kinds of _____ contain oils that help keep your heart healthy. Nuts and seeds contain these oils, too.

_____ must be soaked or boiled before eating. Try beans and rice for a tasty, nutritious meal.

For a healthy snack, try half a _____ and honey sandwich.

