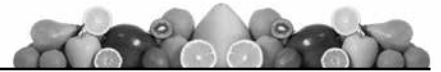


Name: _____



Write your three favorite foods in each category.

Fruits

Vegetables

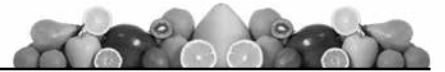
Meats & Proteins

Grains

Dairy

Snacks

Name: _____



Trace the words.

Fruits

pears

oranges

bananas

Vegetables

corn

carrots

broccoli

Meats & Proteins

eggs

tuna

shrimp

Grains

bread

pasta

rice

Dairy

milk

cheese

yogurt

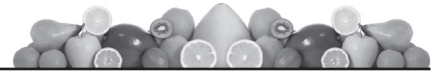
Snacks

crackers

popcorn

applesauce

Name: _____



Trace the words.

Fruits

apples

oranges

bananas

strawberries

Vegetables

corn

carrots

broccoli

green beans

Meats & Proteins

eggs

tuna

shrimp

beef

Grains

bread

pasta

rice

oatmeal

Dairy

milk

cheese

yogurt

butter

Snacks

crackers

popcorn

applesauce

trail mix

My Shopping List - Ideas



Use this page to help you think of ideas for your shopping list.

Fruits

| | |
|--------------|-------------|
| apples | kiwi |
| oranges | mangoes |
| bananas | cantaloupe |
| grapes | raspberries |
| pears | honeydew |
| peaches | pineapple |
| strawberries | |
| blueberries | |
| watermelon | |

Vegetables

| | |
|-------------|-----------|
| corn | snow peas |
| carrots | celery |
| potatoes | peppers |
| green beans | |
| cucumbers | |
| lettuce | |
| broccoli | |
| cauliflower | |
| squash | |

Meats & Protein

| | |
|---------|-------------|
| ham | tofu |
| eggs | edamame |
| pork | black beans |
| beef | chickpeas |
| fish | nuts |
| turkey | nut butter |
| chicken | |
| tuna | |
| shrimp | |

Grains

bread
bagels
cereal
oatmeal
macaroni
spaghetti
tortillas
rice
quinoa

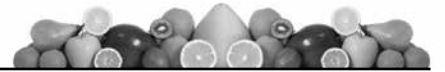
Dairy

milk
cheese
yogurt
butter
sour cream
kefir

Snacks

crackers
pretzels
trail mix
applesauce
popcorn

Name: _____



Find the below food words in the box.

CARROT

FISH

PEAR

APPLE

RICE

YOGURT

CORN

MILK

BREAD

EGG

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| X | Q | J | E | Y | M | F | G | M | K |
| V | T | A | M | O | O | P | S | N | R |
| K | B | O | B | G | V | H | Q | P | I |
| N | C | R | B | U | S | R | A | E | C |
| E | C | A | R | R | O | T | P | J | E |
| C | X | G | E | T | F | F | P | G | F |
| O | P | E | A | R | M | I | L | K | P |
| R | Y | I | D | C | V | S | E | G | G |
| N | V | Y | U | I | G | H | W | C | V |