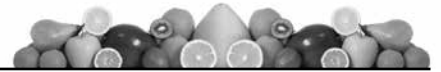


Name: _____



Write your three favorite foods in each category.

Fruits

Vegetables

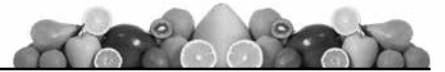
Meats & Proteins

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

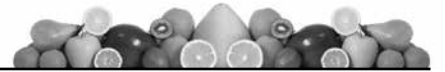
Dairy

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