

學習目標：區分日常生活中的食物，屬於六大類食物中的哪一類。



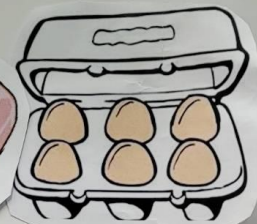
Balanced Diet



Dairy



Protein



Vegetables



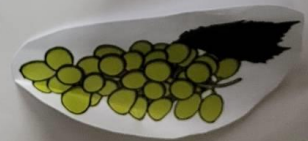
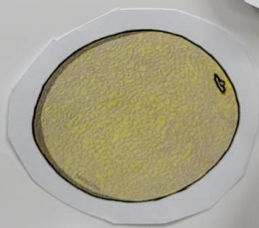
Grains



Fat



Fruits



Review 6 food groups



Read and drag the correct food to the right group. (請依照字數長短及字母順序由左而右放置)

Grains RICE	Protein
Vegetables	Fruits
Dairy	Fat

EGG AVOCADO TOMATO PASTA ONION BEANS
SUNFLOWER OIL BROCCOLI APPLE NUTS SPINACH MILK
STRAWBERRIES YOGURT SWEET POTATO CHICKEN WATERMELON



EGG	AVOCADO	TOMATO	PASTA	ONION	BEANS
SUNFLOWER OIL	BROCCOLI	APPLE	NUTS	SPINACH	MILK
STRAWBERRIES	YOGURT	SWEET POTATO	CHICKEN		WATERMELON

LIVEWORKSHEETS

Finish!!



Dairy	Fat
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What do you want to do?

Check my answers

Send my answers to my teacher



Breakfast
8 - 9am

Lunch
12 - 1pm

Dinner
6 - 8pm



BREAKFAST

LUNCH

DINNER



Breakfast

Lunch

Dinner

Unhealthy Choices



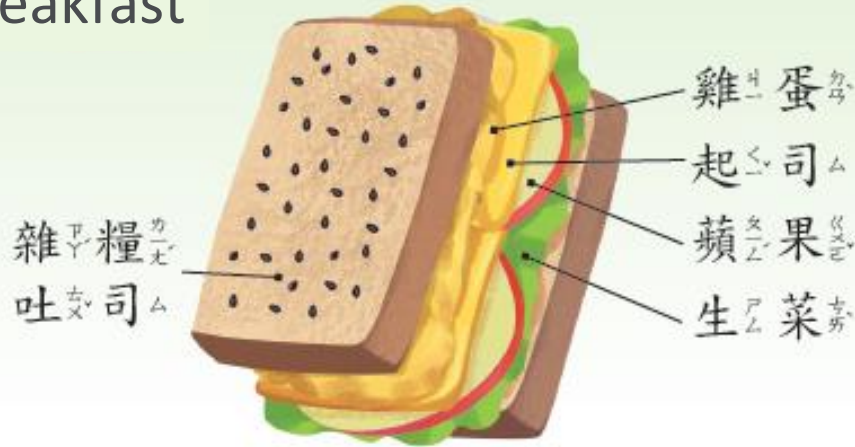
Healthy Choices



WE
ARE
WHAT
WE
EAT!

Think Before You Eat, It Matters !

Breakfast



三明治 (Sandwich)



牛奶 (Milk)

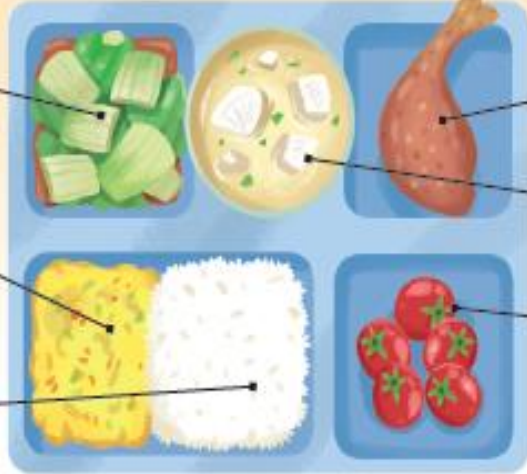


開心果 (Nuts)

Grains		Vegetables	
Protein		Fruits	
Dairy		Fat	

Lunch

炒青江菜



滷雞腿

蘿蔔湯

炒蛋

小番茄

白飯

Grains

Vegetables

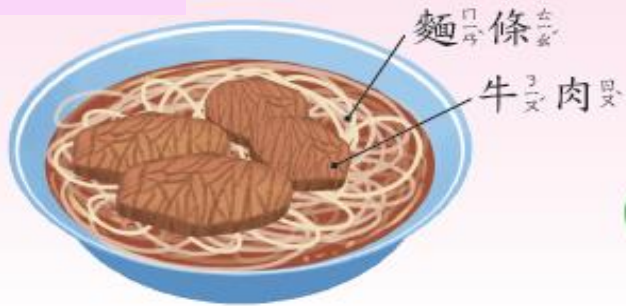
Protein

Fruits

Dairy

Fat

Dinner



牛肉麵



涼拌豆腐



炒彩椒



香蕉



南瓜子

Grains		Vegetables	
Protein		Fruits	
Dairy		Fat	

Checklist 檢核表

Food·Group/Meal	Breakfast	Lunch	Dinner
 Grains			
 Protein			
 Dairy			
 Vegetables			
 Fruits			
 Fats·(Oils·&·Nuts)			

I eat
healthy.
Not a
picky eater.



Breakfast



Lunch

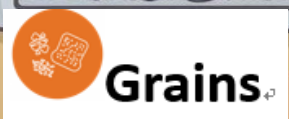
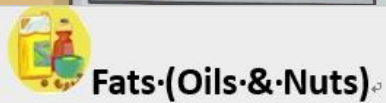


Dinner



Checklist 檢核表			
Food-Group/Meal	Breakfast	Lunch	Dinner
Grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dairy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fats-(Oils-&Nuts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

六類食物吃光光，均衡飲食保健康



Balanced Diet
(6 food groups inside)

我的超級



THANK YOU



LOCATION
Please enter your address.



PHONE NUMBER
+00 0000 0000