

## Meats, Beans, Nuts and Seeds

You have been asked to do some food shopping. Place the items below in the correct bag.

Salmon	Cashews	Steak
Bacon	Sunflower seeds	Sausage
Pumpkin Seeds	Lean ground turkey	Eggs
Hamburger	Tofu	Black Beans
Chicken Nuggets	Deli Meats	Almonds
Kidney Beans	Fried Fish Sticks	80% ground beef
Peanuts	Tuna	Spare Ribs

Everyday Eats

Once in a While Treats

Salmon	Steak
Cashews	Bacon
Sunflower seeds	Sausage
Lean ground turkey	Spare Ribs
Eggs	Hamburger
Tofu	Fish Sticks
Pumpkin Seeds	Chicken nuggets
Black Beans	Deli meats
Almonds	
Tuna	

Remember the way you cook a food can impact its nutritional content. Name some healthier ways to cook some of the foods listed above: Grilled, steamed, broiled, lightly sauteed, boiled