



# Meats, Beans, Nuts and Seeds – Answer Sheet

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

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
Whole Milk	Tuna	Spare Ribs

## Everyday Eats    Once in a While Treats

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

**Remember!** The way you cook food matters. Name some healthy ways to cook some of the foods listed above: Grilled, steamed, broiled, lightly sautéed, boiled



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