



Meats, Beans, Nuts and Seeds



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
Peanuts	Tuna	Spare Ribs

Everyday Eats Once in a While Treats

Remember! The way you cook food matters. Name some healthy ways to cook some of the foods listed above: _____



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