

Application**14****FOOD GROUPS AND DIET**

Jason and Donna argued about who had the healthier diet, so they decided to keep track of their meals for one day. This information is in the chart below. Decide in which food group each food item belongs. Write the letter of the food group in the blank beside the food item. Some foods may belong to more than one food group.

Food group key

A: Bread-cereal-rice-pasta

C: Fruit

E: Meat-poultry-fish-beans-eggs-nuts

B: Vegetable

D: Milk-yogurt-cheese

F: Fats and sweets

Menus	Breakfast	Lunch	Snack	Dinner
Jason	___ orange juice ___ 2 eggs ___ 8 oz. milk ___ toast	___ tuna salad ___ 1 apple ___ 8 oz. milk ___ crackers	___ 8 oz. milk ___ bran muffin	___ veggie pizza ___ salad ___ 8 oz. milk
Donna	___ 1/2 grapefruit ___ corn flakes ___ 8 oz. milk	___ hot dog ___ roll ___ 8 oz. milk ___ cookies	___ soft drink ___ potato chips	___ roast beef ___ rice ___ peas ___ gelatin ___ 8 oz. milk

- Who had the more balanced diet? _____
- Suggest a way to improve the other person's diet.

- List good sources of each of the following in Jason's diet:

Carbohydrates _____

Protein _____

Fats _____

Fiber _____

Vitamins and minerals _____