

Nutrition-Related Words

1. When Tina gets home from school, she is always hungry for a snack.

wanting to sleep wanting to eat

2. She usually has celery or carrots because she knows vegetables are good for her.

foods from plants foods from animals

3. Tina goes to the food store and helps her mother do the shopping.

tasting foods buying things

4. She sees many shoppers buying snack foods with lots of sugar and fat.

people who buy things
people who sell things

5. Tina likes snacks such as yogurt or cheese from the dairy group.

foods made from milk foods from plants

6. Tina tries to eat from all the food groups so she will have a balanced diet.

uneven, full of snacks
even, not too much of one thing

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