

## 1<sup>st</sup> Year Beginner Nutrition Study Sheet

### My Plate

Know the portions needed *each meal* from each food group:

- A. Dairy Group – 1 serving
- B. Protein Group – Slightly less than  $\frac{1}{4}$  of your plate
- C. Vegetable & Fruit Group –  $\frac{1}{2}$  of your plate
- D. Grains Group – Slightly more than  $\frac{1}{4}$  of your plate

### Food Preparation

Identify the following kitchen tools:

- A. Measuring Spoons
- B. Measuring Cup – Liquid
- C. Measuring Cups – Dry
- D. Rubber Scraper
- E. Wire Whisk
- F. Pancake Turner
- G. Vegetable Peeler

### My Plate

Identify the food group for each of the pictured foods:

- A. Fish – Lean Protein Group
- B. Bananas – Fruit Group
- C. Bread – Whole Grains Group
- D. Low-Fat Milk – Dairy Group
- E. Carrots – Vegetable Group



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