

1st 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

