

Introduction

Welcome to the Food Awareness Worksheet! This activity is designed for children aged 3-4 years to evaluate their understanding of basic food groups, recognition of common fruits and vegetables, and comprehension of basic mealtime routines.

Section 1: Multiple Choice Questions

Choose the correct answer for each question:

1. What is the name of the food group that includes apples and bananas?

- a) Fruits
- b) Vegetables
- c) Grains
- d) Proteins

2. Which of the following is a common breakfast food?

- a) Pizza
- b) Sandwich
- c) Cereal
- d) Salad

Section 2: Short Answer Questions

Please answer the following questions in complete sentences:

1. What is your favorite fruit and why do you like it?

2. What do you usually eat for lunch?

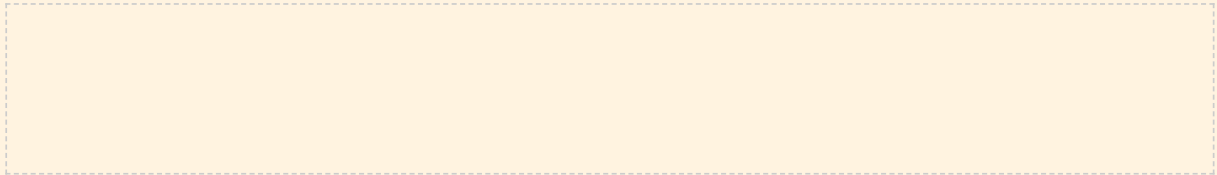
Section 3: Picture Matching

Match the following pictures with the correct food group:

- * Picture of an apple
- * Picture of a carrot
- * Picture of a slice of bread
- * Picture of a chicken nugget

Food Groups:

- a) Fruits
- b) Vegetables
- c) Grains
- d) Proteins



Section 4: Picture Identification


Identify the following pictures:

- * Picture of a salad
- * Picture of a bowl of cereal
- * Picture of a plate of fruits



Section 5: Mealtime Routine

Draw a picture of your favorite mealtime routine (e.g. breakfast, lunch, dinner). Label the different food groups in your picture.

A large, empty rectangular box with a dashed border, intended for a student to draw their favorite mealtime routine. The box is positioned below the instruction text and occupies a significant portion of the page's width and height.

Section 6: Food Group Sorting

Sort the following pictures into their correct food groups:

- * Picture of a banana
- * Picture of a broccoli
- * Picture of a slice of pizza
- * Picture of a glass of milk

Food Groups:

- a) Fruits
- b) Vegetables
- c) Grains
- d) Proteins



Conclusion

Thank you for completing the Food Awareness Worksheet! This activity is designed to help you learn about basic food groups, common fruits and vegetables, and mealtime routines.

Answer Key

Multiple Choice Questions:

1. 1. a) Fruits
2. 2. c) Cereal

Short Answer Questions:

(Answers will vary)

Picture Matching:

(Answers will vary)

Picture Identification:

(Answers will vary)

Note: The answer key is provided for teacher reference only.