

Name : \_\_\_\_\_

Topic: Science – Go, Grow and Glow Foods

**DIRECTIONS:** Identify if the food given is GO, GROW, GLOW. Put a check on the correct column.

|              | GO | GROW | GLOW |
|--------------|----|------|------|
| donuts       |    |      |      |
| eggs         |    |      |      |
| bread        |    |      |      |
| lettuce      |    |      |      |
| monggo beans |    |      |      |
| squid        |    |      |      |
| banana       |    |      |      |
| camote       |    |      |      |
| watermelon   |    |      |      |
| chicken      |    |      |      |
| carrots      |    |      |      |
| cereals      |    |      |      |
| cheese       |    |      |      |
| yogurt       |    |      |      |
| cupcakes     |    |      |      |
| gabi         |    |      |      |
| pineapple    |    |      |      |
| oatmeal      |    |      |      |
| cucumber     |    |      |      |
| milk         |    |      |      |