

Name : _____

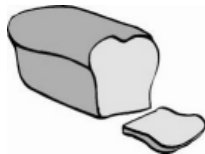
Topic: Science – Go, Grow and Glow Foods

DIRECTIONS: Write T if the sentence is true and F if it is false.

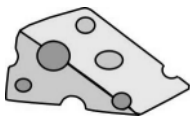
- _____ 1. Go food will help you grow.
- _____ 2. Eat rice and bread to make you active and do many things.
- _____ 3. Grow food will give you strong bones and teeth.
- _____ 4. Fruits do not belong to any of the Go, Grow or Glow types of food.
- _____ 5. A muffin, soda and candy will make a healthy snack.
- _____ 6. Beef and chicken are examples of Grow food.
- _____ 7. I can run, jump and play all day because I eat a lot of Go food.
- _____ 8. Eating only Go food is enough to make you a healthy, strong and active person.
- _____ 9. Pancake is an example of a Glow food.
- _____ 10. Cereal, milk and an apple make a Go, Grow and Glow meal for breakfast.

DIRECTIONS: Answer each question.

1. Circle the Go food.



2. Cross out the Grow food.



3. Put a box on the Glow food.

