

TYPES OF FOODS

Answer the following questions.

1. QUESTION

The _____ are a good source of healthy fats.

- fat from animals
- seeds of plants

2. QUESTION

Which is not an example of seeds-based diet?

- pineapple
- legumes
- cereals
- nuts

3. QUESTION

Why should you not eat the seeds from an apple?

- The apple seed taste bad.
- The apple seed can choke you.
- The apple seed is poisonous.

4. QUESTION

Give examples of the following:

seeds	
citrus fruits	
tropical fruits	
non-starchy vegetables	
inflorescence vegetables	
root vegetables	
dairy	