People around the world eat different types of food. It is important that we eat a variety of foods to stay healthy. Fill in the chart below. Use the lists of foods to help you.

### Fruits
- apple
- banana
- figs
- guava
- kumquat
- mango
- orange
- papaya
- persimmon
- passion fruit

### Vegetables
- artichoke
- arugula
- broccoli
- carrot
- celery
- chayote
- daikon
- jicama
- kohlrabi
- potato

### Meals
- gyro
- stir fry
- sushi
- hummus and pita
- taco
- burrito
- quesadilla
- tandoori chicken
- Tofu
- curry

### Food to Eat

| My favorite fruit: __________________________ | Fruit I would like to try: __________________________ |
| My favorite vegetable: _____________________ | Vegetable I want to try: __________________________ |
| My favorite meal: _________________________ | Meal I want to eat: ________________________________ |
| My favorite ethnic food: _________________ | Ethnic Food I want to try: __________________________ |

Make sure to eat foods that have _____________________ to have healthy teeth and bones. Try to limit sweets as they can cause _____________________ in teeth.