



Name: _____ Date: _____

HEALTHY FOODS

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.



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