|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| FOOD GROUPS | BeefBurger,French Fries / PeanutPunch | Steamed Fish,Saffron Rice, Callaloo | Sweet and Sour Chicken, Lo Mein, SauteedChunky Vegetables | StewedChicken, Provision Pie,Cucumber and Tomato Salad |
| STAPLES |  |  |  |  |
| LEGUMES |  |  |  |  |
| FOOD FROM ANIMALS |  |  |  |  |
| GREEN LEAFY/YELLOW VEGETABLES |  |  |  |  |
| FRUITS |  |  |  |  |
| FATS AND OILS  |  |  |  |  |

# FOOD GROUPS EVALUATION SHEET

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

Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_