|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| FOOD GROUPS | Beef  Burger,  French  Fries /  Peanut  Punch | Steamed  Fish,  Saffron  Rice,  Callaloo | Sweet and  Sour  Chicken,  Lo Mein,  Sauteed  Chunky  Vegetables | Stewed  Chicken,  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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_