

Post-Test2

Meat, Beans, Protein Lesson

Name: _____

Circle the Correct Answer

1) Which food is from the meat and beans group?



a. Milk



b. Peaches



c. Baked Beans



d. Tortilla

2) Which meat is a healthy choice?



a. Chicken Nuggets



b. Steak



c. Hot Dog



d. Fish

3) What should you do after touching meat that has NOT been cooked?



a. Wash your hands



b. Lick your fingers



c. Make a lettuce salad



d. Read a book