

Post-Test

Meat, Beans, Protein Lesson

Name: _____

Circle the Correct Answer

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



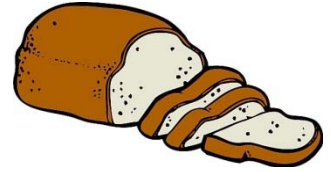
a. Carrot



b. Grapes



c. Fish



d. Bread

2) Foods from the meat and beans group help our body to grow strong what?



a. Bones



b. Eyes



c. Muscles



d. Teeth

3) We should eat a piece of chicken that is the size of _____



a. Your whole hand



b. A deck of cards



c. A dinner plate



d. Your face