

Pre-Test

Meat, Beans, Protein Lesson

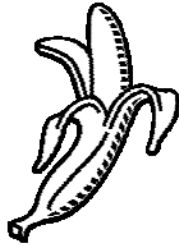
Name: _____

Circle the Correct Answer

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



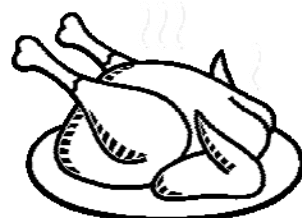
a. Milk



b. Banana



c. Muffin



d. Chicken

2) Iron is a nutrient in our body that helps you



a. Have Strong bones



b. Have a Party



c. Have energy

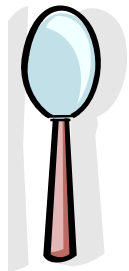


d. Use the toilet

3) We should eat as much peanut butter as would fit in ...?



a. Your whole hand



b. A cereal spoon



c. A bowl



d. A dinner plate