

The Food I Eat

My _____ is macaroni and _____. I _____ like pasta and _____. I try to eat _____ bread and _____, but I still _____ too _____ carbohydrates. I eat a _____ of _____. Cheese provides _____ but it _____ has a lot of _____. I eat a lot of _____ because I _____ fresh _____. I do not eat a lot of _____ or iron because I do _____ like _____. I try to eat _____ like _____ for _____. I eat _____ for protein. I don't _____ French Fries _____ I love _____, so I probably eat too _____ sodium. I _____ to eat more _____, and I would like to try more _____ vegetables to make _____ that I eat enough _____.

What about you?

- What are your favorite foods?
- What nutrients do you eat a lot of?
- What nutrients don't you eat?
- What new foods would you like to try?



