

The Food I Eat

My favorite _____ is macaroni and cheese. I really like pasta and _____. I try to eat whole grain bread and _____, but I still eat too many carbohydrates. I eat a lot of _____. Cheese provides calcium but it also has a lot of _____. I eat a lot of fiber because I love fresh _____. I do not eat a lot of protein or iron because I do not like _____. I try to eat vegetables like spinach for _____. I eat _____ for protein. I don't like French Fries but I love _____, so I probably eat too much sodium. I need to eat more _____, and I would like to try more fresh vegetables to make sure 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?

