Food!

Match the foods to the pictures. More than one food can be matched to some pictures.
Can you name any other foods you see in the pictures?

chickpeas milk shrimp blueberries cheese
quinoa   turkey carrots
yogurt apples butter spinach lentils chicken tofu steak
eggs strawberries salmon

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

Food: 4 exercises to get started

Exercise 1: Classifying

chickpeas milk shrimp blueberries cheese quinoa "ice cream" turkey carrots
yogurt apples butter spinach l entils chicken tofu steak eggs strawberries salmon

MEAT/PROTEIN	DAIRY	FRUIT/VEGETABLES	GRAINS

Exercise 2: Ranking Exercise

Your task is to choose your top five foods from the table and rank them from 1 to 5, with 1 being your absolute favorite. Write them in the list below.

1. _____

2. _____

3. _____

4. _____

5. _____

Once you've completed your list, please write a few sentences explaining why the food you've ranked as number 1 is your favorite.

Exercise 2: Gap Fill Exercise

Fill in the gaps in the sentences below using words from the food list provided.

1. I enjoy adding _____ to my salad for a burst of sweetness.

2. I prefer to have my _____ grilled.

3. My morning isn't complete without a glass of _____.

4. A healthy snack option could be _____ and _____.

5. For a protein boost, I add _____ to my stir-fry.

Exercise 3: Personalized Questions

1. How do you feel when you eat your favorite food from the list? Can you describe the emotions you experience?

2. Have you ever tried a new recipe using one of these foods? If so, what was it and did you enjoy it?

3. If you were to create a meal using at least three of these foods, what would it be? Why would you choose these specific foods?

Food pictures

1. Milk/cheese/eggs
2. Apples/Pineapple/kiwi
3. Butter/cheese
4. Strawberries
5. Steak/fish
6. Blueberries/ strawberries
7. Cauliflower/corn/bell pepper
8. Eggs/cheese/avocado/spinach
9. Chick peas/tofu
10. Shrimp
11. Turkey/pumpkin
12. Quinoa/lentils

Exercise 1: Classifying

MEAT/PROTEIN	DAIRY	FRUIT/VEGETABLES	GRAINS
shrimp	milk	carrots	quinoa
turkey	cheese	blueberries	lentils
chicken	yogurt	apples	chickpeas
steak	butter	spinach	tofu
salmon	ice cream	strawberries	
eggs			

Exercise 2: Ranking Exercise

1. Ice cream
2. Cheese
3. Apples
4. Shrimp
5. Milk

Ice cream is my favorite food because I absolutely love sweet things, and ice cream comes in so many different flavors! It's a treat that I look forward to, especially during the summer when the weather is hot. It's more than just a food to me - it's a small pleasure that brings me joy.

Exercise 3: Gap Fill Exercise

1. I enjoy adding *blueberries* to my salad for a burst of sweetness.
2. I prefer to have my *steak* grilled.
3. My morning isn't complete without a glass of *milk*.
4. A healthy snack option could be *carrots* and *yogurt*.
5. For a protein boost, I add *tofu* to my stir-fry.

Exercise 4: Personalized Questions

1. When I eat my favorite food, ice cream, I feel absolutely delighted. It's like a small celebration in every spoonful. It makes me feel relaxed, and it reminds me of pleasant memories from my childhood when we would have ice cream on family outings.

2. Yes, I tried a new recipe with shrimp and quinoa. It was a shrimp quinoa salad with lots of vegetables. I loved it because it was both healthy and flavorful. The shrimp gave it a good amount of protein, and the quinoa made it filling.

3. If I were to create a meal using three of these foods, I would choose to make a salmon and spinach quiche with a side of apple salad. I chose these foods because salmon and spinach make for a good protein and vegetable combination, and the apple salad would add a touch of sweetness to balance the meal.