

Name _____

The Fantastic Five: Exploring the Magic of Food Groups for a Healthy Diet

Open-Ended Response Questions

1. Create a balanced meal plan for a day, including foods from all five food groups, and explain why each food is a good choice.
2. Imagine a world without vegetables. How would it affect your health, and what nutrients would you miss out on?
3. Discuss the concept of moderation in a healthy diet and provide an example of a food that should be eaten in moderation.
4. Share your favorite recipe that incorporates at least three of the five food groups, and explain why you enjoy it.

