

Name _____

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

Open-Ended Response Answer Key

1. Answers will vary but should include a balanced meal plan that includes specific foods from each food group and explanations of their nutritional benefits.
2. Answers may discuss the importance of vegetables in providing essential vitamins and minerals and the potential health consequences of their absence.
3. Responses should explain that moderation means not consuming too much of a particular food, and an example might be sugary snacks.
4. Answers should include a favorite recipe and explanations of how it incorporates various food groups and why it is enjoyed.

