Meat and Beans Food Group Quiz

Print out this page, complete the activity, and turn into Ms. Street.

Use the website page to help you complete the following questions:

1. Why are nuts, dried beans and peas, and eggs considered to be part of the meat food group?

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2. Name 8 different examples of foods that belong in this food group.

3. Why should nuts only be eaten in moderation?

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4. Name all 6 nutrients found in foods of the meat and beans food group.

5. What two health problems can occur if a person eats too much meat and nuts that contain high amounts of fat?