Eat Your Way to the Big Top

Instructions: Fill in the blanks with the correct words to complete the story. Use the parts of speech to find the answer.

| Word Bank | fall habits | three balances | groups tip |
|--|--------------------------|-------------------------|---------------|
| Just like a circus performer on a tightrope, you need to consume Verb the proper amount of each food group to stay healthy and strong. Imagine your | | | |
| plate is a tightrope, and your food are the balancing poles that keep Noun you steady. For example, if you eat too much sugar and not enough protein, your | | | |
| balanc | ing pole will ov Verb | er, causing you to | Verb |
| A balanced diet is made up of five food groups: fruits, vegetables, protein, grains | | | |
| and dairy. A good rule of thumb is to fill half your plate with fruits and veggies, | | | |
| then fill the remaining half with the other food groups! Just like Adjective | | | |
| the circus performer practices every day, you can also practice healthy eating | | | |
| No | Who knows? Maybe | you'll be in the circus | one day, too! |
| | | | |

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Answer Key

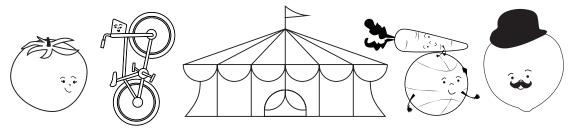
Instructions: Fill in the blanks with the correct words to complete the story. Use the parts of speech to find the answer.

Word Bank fall three groups habits balances tip

Just like a circus performer balances on a tightrope, you need to consume the proper amount of each food group to stay healthy and strong. Imagine your groups are the balancing poles that keep plate is a tightrope, and your food you steady. For example, if you eat too much sugar and not enough protein, your tip fall balancing pole will over, causing you to Verb

A balanced diet is made up of five food groups: fruits, vegetables, protein, grains and dairy. A good rule of thumb is to fill half your plate with fruits and veggies, three then fill the remaining half with the other food groups! Just like Adiective the circus performer practices every day, you can also practice healthy eating habits

Who knows? Maybe you'll be in the circus one day, too! Noun



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