



# 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**  
Verb  
on a tightrope, you need to consume  
the proper amount of each food group to stay healthy and strong. Imagine your  
plate is a tightrope, and your food **groups**  
Noun  
are the balancing poles that keep  
you steady. For example, if you eat too much sugar and not enough protein, your  
balancing pole will **tip**  
Verb  
over, causing you to **fall**  
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 **three**  
Adjective  
food groups! Just like  
the circus performer practices every day, you can also practice healthy eating  
**habits**  
Noun. Who knows? Maybe you'll be in the circus one day, too!

