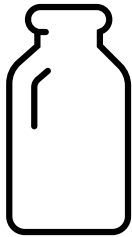


There was an Aunty who Swallowed a Samosa- Food Groups

Activity #1. Write the initial of the food group in which each food item belongs:

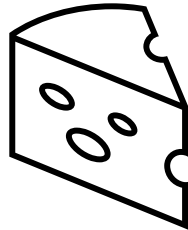
Grains (G), Vegetables(V), Fruit (F), Dairy (D), Protein (P), or Fat (F)

Activity #2. Circle if the food is consumed at Suhoor (breakfast) or iftar (dinner) or circle both if consumed in both Suhoor and Iftar.



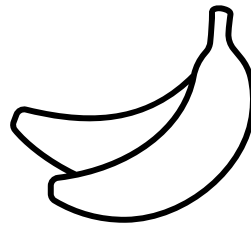
Milk

Food Group:
Suhoor or Iftar



Cheese

Food Group:
Suhoor or Iftar



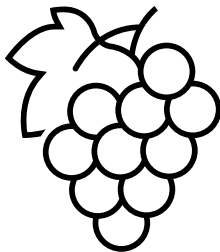
Banana

Food Group:
Suhoor or Iftar



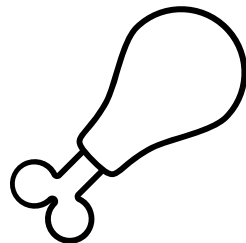
Strawberry

Food Group:
Suhoor or Iftar



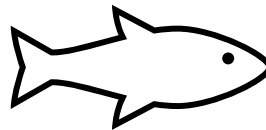
Grapes

Food Group:
Suhoor or Iftar



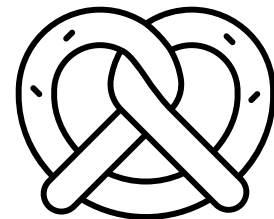
Chicken

Food Group:
Suhoor or Iftar



Fish

Food Group:
Suhoor or Iftar



Pretzel

Food Group:
Suhoor or Iftar



Pasta

Food Group:
Suhoor or Iftar



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Samosa

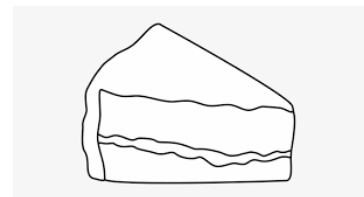
Food Group:
Suhoor or Iftar



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Dates

Food Group:
Suhoor or Iftar



Cake

Food Group:
Suhoor or Iftar

Answer key: milk- food group: Dairy, Suhoor; Cheese- food group: Dairy, Iftar; Banana- Food group: fruit, suhoor; Strawberry- food group: fruit, suhoor

Grapes- food group: fruit, iftar; Chicken- Food group: protein, iftar; Fish- Food group: protein, Iftar; Pretzel- Food group: Grains, iftar; Pasta- Food group: grains, iftar

Samosa- food group: fat, iftar; Dates: food group: Fruit, iftar; Cake- Food group- fat, iftar