

Name: _____

Ms. Oli

Go, Grow & Glow

Identify whether the given food is a **Go**, **Grow**, or **Glow** food. Write your answer on the blank.

1. Rice — _____
2. Fish — _____
3. Carrot — _____
4. Bread — _____
5. Milk — _____
6. Apple — _____
7. Chicken — _____
8. Lettuce — _____
9. Pasta — _____
10. Tomato — _____
11. Cheese — _____
12. Ham — _____