

Grades 3-5

Lesson #19 Activity Fit4Kidz Vegetarian Foods

The foods below are good examples of healthy foods than can be part of a vegetarian diet. Check the boxes next to the foods that apply.

Calcium Protein Fiber **Good Source of:** Iron

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Calcium **Good Source of:** Protein Fiber Iron \mathbf{N} \mathbf{N} $\mathbf{\nabla}$ $\mathbf{\nabla}$ \mathbf{N} \mathbf{N} $\mathbf{\Lambda}$ \mathbf{N} \mathbf{N} $\mathbf{\Lambda}$ \mathbf{N}

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