

# Categorized Food Photos

## Fruit Group

Apple  
 Apple (slices)  
 Apple Juice  
 Applesauce  
 Avocado  
 Banana  
 Blueberries  
 Cantaloupe  
 Cherries  
 Fruit Cocktail  
 Grapefruit  
 Grapes  
 Mango  
 Orange  
 Orange Juice  
 Peach  
 Peaches (slices)  
 Pear  
 Pears (slices)  
 Pineapple  
 Prunes  
 Raisins  
 Raspberries  
 Strawberries  
 Watermelon

## Vegetable Group

Baked Beans (Vegetable Group & Protein Foods)  
 Baked Potato  
 Black Beans (Vegetable Group & Protein Foods)  
 Black-Eyed Peas  
 Broccoli  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Coleslaw  
 Corn  
 Corn on the Cob  
 Cucumber  
 French-Fried Potatoes  
 Green Beans  
 Green Peas  
 Green Pepper  
 Hashed Brown Potatoes  
 Kidney Beans (Vegetable Group & Protein Foods)  
 Lettuce  
 Mashed Potatoes  
 Pickle  
 Potato Chips  
 Refried Beans (Vegetable Group & Protein Foods)  
 Snow Peas  
 Spinach  
 Sweet Potato  
 Tomato  
 Tomato Juice  
 Winter Squash  
 Zucchini

## Grains Group

Angel Food Cake  
 Animal Crackers  
 Bagel  
 Biscuit  
 Bran Flakes  
 Brownie  
 Chocolate Cake  
 Corn Flakes  
 Croissant  
 Doughnut  
 Egg Noodles  
 English Muffin  
 Graham Crackers  
 Granola  
 Granola Bar  
 Grits  
 Hard Roll  
 Hot Dog Bun  
 Muffin  
 Oatmeal  
 Pancake  
 Pasta  
 Pita Bread  
 Popcorn  
 Pretzels  
 Rice  
 Rye Bread  
 Saltine Crackers  
 Snack Crackers  
 Toaster Pastry  
 Tortilla  
 Tortilla Chips  
 White Bread  
 Whole Wheat Bread  
 Whole Wheat Crackers

## Dairy Group

2% Reduced-Fat Milk  
 American Cheese  
 Calcium-Fortified Soymilk  
 Cheddar Cheese  
 Chocolate Milk  
 Chocolate Milkshake  
 Colby-Jack Cheese  
 Fat-Free Milk  
 Frozen Yogurt  
 Ice Cream  
 Ice Cream (soft serve)  
 Low-Fat Cottage Cheese  
 Mozzarella Cheese  
 Muenster Cheese  
 Parmesan Cheese  
 Plain Yogurt  
 Pudding  
 String Cheese  
 Swiss Cheese  
 Whole Milk

## Protein Foods Group

Almonds  
 Bacon (thick sliced)  
 Baked Beans (Protein Foods & Vegetable Group)  
 Baked Chicken  
 Black Beans (Protein Foods & Vegetable Group)  
 Bologna  
 Fried Chicken  
 Fried Egg  
 Ground Beef  
 Halibut  
 Ham  
 Hard-Cooked Egg  
 Hot Dog  
 Italian Sausage  
 Kidney Beans (Protein Foods & Vegetable Group)  
 Peanut Butter  
 Peanuts  
 Pork Chop  
 Pork Sausage  
 Refried Beans (Protein Foods & Vegetable Group)  
 Roast Beef  
 Salmon  
 Scrambled Egg  
 Shrimp  
 Steak  
 Sunflower Seeds  
 Tofu  
 Tuna  
 Turkey

## Categorized Food Photos (continued)

### Mixed/Combination Foods

Apple Pie  
Beef and Vegetable Stew  
Burrito  
Cheeseburger  
Chef's Salad  
Chicken Noodle Soup  
Chicken Nuggets  
Chicken Pot Pie  
Chicken Stir-Fry  
Chili  
Chop Suey/Chow Mein  
Chow Mein Noodles  
Clam Chowder  
Cream of Tomato Soup  
Enchilada  
Fish Sandwich  
Fish Sticks  
Grilled Cheese Sandwich  
Lasagna  
Macaroni and Cheese  
Peanut Butter and Jelly Sandwich  
Pizza  
Quiche  
Roast Beef Sandwich  
Sloppy Joe  
Spaghetti With Meatballs  
Submarine Sandwich  
Taco  
Tossed Salad  
Trail Mix  
Tuna Salad  
Turkey Sandwich

### Other/Limited/Empty

Butter  
Catsup  
Chocolate Chip Cookies  
Coffee  
Cream Cheese  
Dark Chocolate Candy Bar  
French Dressing  
Gelatin  
Mushroom Gravy  
Half and Half  
Iced Tea  
Italian Dressing  
Jelly  
Maple Syrup  
Mayonnaise  
Mustard  
Ranch Dressing  
Soft Drink  
Sour Cream  
Sugar

# Categorization of Foods

This list may be useful when sorting food photos for **Kindergarten, Lesson 1.**

Crunchy	Soft
Apple	Applesauce
Pear	Baked Potato
Cucumber	Mashed Potato
Animal Cracker	Egg Noodles
Tortilla Chips	Peanut Butter

Drink	Chew
Orange Juice	Apple
Tomato Juice	Tomato
Fat-Free Milk	Granola
Calcium-Fortified Soymilk	Bran Flakes
2% Reduced-Fat Milk	Cheddar Cheese

Eat With Hands	Eat With Silverware
Apple	Applesauce
Carrots	Baked Potato
Celery	Baked Beans
Corn on the Cob	Corn
Whole Wheat Bread	Rice
String Cheese	Low-fat Cottage Cheese
Peanuts	Roast Beef
Hot Dog	Refried Beans
Taco	Spaghetti With Meatballs
Pizza	Cream of Tomato Soup

Red	Green	Yellow	Orange	Brown
Cherries	Zucchini	Banana	Cantaloupe	Peanuts
Apple	Celery	Corn	Mango	Whole Wheat Bread
Strawberries	Cucumber	Corn on the Cob	Orange	Hot Dog
Watermelon	Avocado	Cheddar Cheese	Winter Squash	Baked Beans
Tomato	Snow Peas	Muenster Cheese		Roast Beef

# Foods With a High Percentage of Empty Calories

This list may be useful as a guide when sorting food photos for **Grade Two, Lesson 2**.

**Teacher Note:** Foods with empty calories contain solid fats and/or added sugars. Solid fats and added sugars add calories to the food but few or no nutrients. For this reason, the calories from solid fats and added sugars in a food are often called “empty calories.” In some foods, such as most candies and sodas, all the calories are empty. These foods are called “empty calorie foods.”

However, you might have a food with a high percentage of solid fats, such as cheese, that also contributes valuable nutrients. Often, how a food is prepared or eaten can add empty calories to a nutrient-dense food, such as a potato when it is deep-fried or chicken nuggets dipped in ranch dressing.

Fruit Group	Vegetable Group	Grains Group	Dairy Group	Protein Foods Group
<p>Applesauce (with sugar added) Fruit Cocktail (in sugar-added syrup)</p>	<p>French-Fried Potatoes</p>	<p>Angel Food Cake Brownie Chocolate Cake Croissant Doughnut Toaster Pastry</p>	<p>Frozen Yogurt Ice Cream Ice Cream (soft serve) Pudding (with sugar added) Cheddar Cheese</p>	<p>Bacon (thick sliced) Fried Chicken Fried Egg Pork Sausage</p>

Mixed/Combination Foods
<p>Apple Pie Cheeseburger</p>

Other/Limited/Empty			
<p>Butter Catsup Chocolate Chip Cookies Coffee Cream Cheese Dark Chocolate Candy Bar</p>	<p>French Dressing Gelatin Mushroom Gravy Half and Half Iced Tea</p>	<p>Italian Dressing Jelly Maple Syrup Mayonnaise Mustard</p>	<p>Ranch Dressing Soft Drink Sour Cream Sugar</p>

# Nutrient-Dense Foods by Food Group

This list of nutrient-dense foods may be useful when sorting food photos for:

- **Kindergarten, Lesson 1**
- **Grade Two, Lessons 1, 2, 3**

Fruit Group	Vegetable Group	Grains Group	Dairy Group	Protein Foods Group
Apple Apple (slices) Banana Blueberries Cantaloupe Cherries Grapefruit Grapes Mango Orange Peach Peaches (slices) Pear Pears (slices) Pineapple Raisins Raspberries Strawberries Watermelon	Baked Potato Black Beans (Vegetable Group & Protein Foods) Black-Eyed Peas Broccoli Cabbage Carrots Cauliflower Celery Corn Corn on the Cob Cucumber Green Beans Green Peas Green Pepper Kidney Beans (Vegetable Group & Protein Foods) Lettuce Snow Peas Spinach Sweet Potato Tomato Winter Squash Zucchini	Animal Cracker Bagel Bran Flakes Corn Flakes Graham Crackers Granola Grits Oatmeal Pasta Rice Tortilla Whole Wheat Bread Whole Wheat Crackers	2% Reduced-Fat Milk Calcium-Fortified Soymilk Cheddar Cheese Fat-Free Milk Low-Fat Cottage Cheese Mozzarella Cheese Plain Yogurt Swiss Cheese	Almonds Baked Chicken Black Beans (Protein Foods & Vegetable Group) Ground Beef Halibut Hard-Cooked Egg Kidney Beans (Protein Foods & Vegetable Group) Peanut Butter Peanuts Pork Chop Roast Beef Salmon Shrimp Steak Sunflower Seeds Tofu Tuna Turkey