



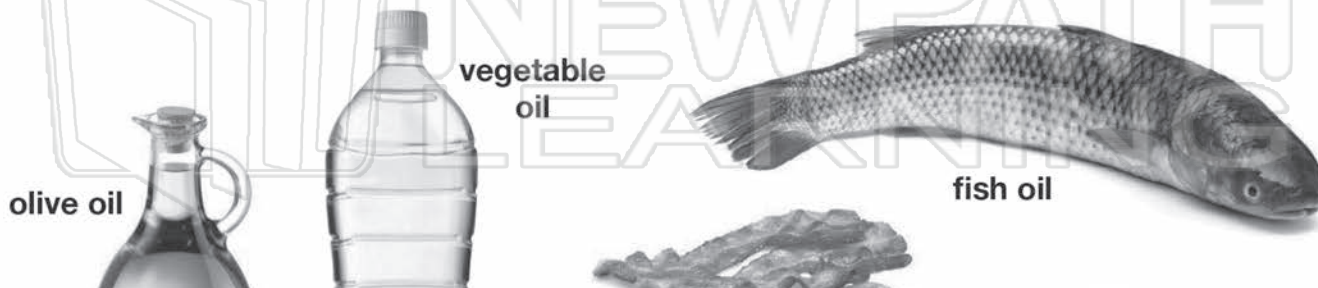
Name _____ Class _____ Date _____

What are oils?

Oils are fats that are **liquid** at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and fish. Oils are NOT a food group, but your body still needs them. Some foods are naturally high in oils, like nuts, olives and avocados.

Choose Healthy Oils

Oils come from the Vegetable and Protein Food groups. Oils can make food taste better.



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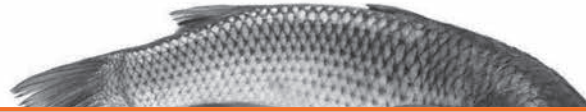




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Where's the Oil?

Circle the foods that contain oil or fat, or are used to make oil.



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Name _____ Class _____ Date _____

1 Your body needs **healthy fats**. How much should you eat every day?

- A none
- B 1 drop
- C 3-4 teaspoons
- D 1 cup



5 This is a **solid fat** that comes from milk, an animal product.

- A olive oil
- B sesame oil
- C mayonnaise
- D butter



2 **Oils** are **not** a food group, but they provide **nutrients** your body needs.



6 Which kind of **nut** is shown? They are high in **oil** and part of the **Protein Food Group**.

True

A

B

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A

B

C

D

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4 Many **fish** contain **healthy oils**. **Fish** are part of the _____ Food Group.

- A Fruits
- B Protein
- C Vegetables
- D Dairy



8 This food is **high in oil**. It is part of the **Vegetables Food Group**.

- A beef
- B avocado
- C walnuts
- D tofu





Name _____ Class _____ Date _____

Answer Sheet

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- A
- B
- C
- D

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