🍽 Food Card Sort

Biology A · Unit 4 · Level 1

Name: _____

A4 Digestion food-card sort, redrawn as our own picture cards (her Food Cards PDF is pictures only).

🧺 Food cards (cut apart): get it. Check ☐.

- ☐  **Bread** carb (starch)
- ☐  **Pasta** carb
- ☐  **Candy** carb (sugar)
- ☐  **Apple** carb (sugar + fiber)
- ☐  **Butter** fat
- ☐  **Olive oil** fat
- ☐  **Peanuts** fat + protein
- ☐  **Chicken** protein
- ☐  **Egg** protein
- ☐  **Beans** protein + carb

🌱 Do one box. Check ☐ it.

1. ✂️ **Cut** the cards. ☐
2. 👀 **Look** at a food. ☐
3. 🗂️ Put it in **carb**, **fat**, or **protein**. ☐
4. ✅ **Check** with staff. ☐

🗂️ Sort mat

🍞 Carb	🧈 Fat	🍗 Protein

🚧 **Under construction:** Her Food Cards PDF is pictures only, so we could not read which foods she uses. These 10 foods are our best match to her A4 reading (starch, sugar, cellulose, protein, fat). *Check with Ms. Dunham.*