🍽️ Food Card Sort

Biology A · Unit 4 · Level 2



Name: _____

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

🧺 Food cards (cut apart)

☐ 🍞 **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

🌱 Steps: check each box when you finish

1. ✂️ **Cut** the 10 food cards. ☐
2. 🗂️ **Sort** each food: carbohydrate, lipid (fat), or protein. ☐
3. 🤔 Some foods have two (peanuts, beans). Put them in their **main** group and draw a star. ☐
4. 🧱 **Write** the building block on each box: glucose, glycerol + fatty acids, amino acids. ☐
5. ✅ **Check** with the key. ☐

🗂️ Sort mat

🍞 **Carbohydrate** **building block: _____**	🧈 **Lipid** **building block: _____**	🍗 **Protein** **building block: _____**

🚧 **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.*