

Name: _____

picking Out Oils

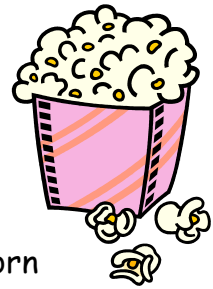
Circle the **oils** and foods that are high in **oils** and put an **X** over the pictures that are not **oils**.



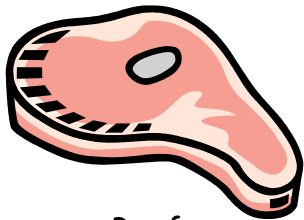
Bananas



Grapes



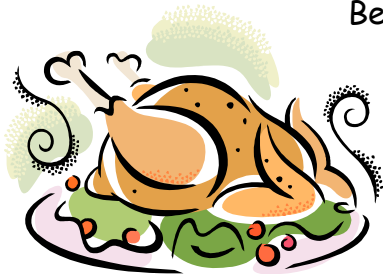
Popcorn



Beef



Nuts



Turkey



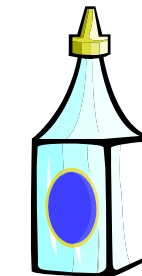
Cereal



Grapefruit



Olive Oil



Cooking Oil



Kidney Beans



Carrot