Here is my bulleted list:

1. Baseball
2. Football
3. Soccer
4. Basketball

Here is my numbered list:

* Science
* Math
* Spanish
* Social Studies

This is another list:

1. United States
2. Russia
3. China
4. India

These are some of the food groups:

1. **Fruit**
   1. Banana
   2. Apple
   3. Pear
2. **Vegetables**
   1. Zucchini
   2. Pepper
   3. Tomato
      * Tomatoes are sometimes considered fruit.
3. **Meat**
   1. Chicken
   2. Fish
      * Salmon
      * Trout
      * Cod
   3. Beef
   4. Pork

There are other types of food too:

1. **Grains**
   1. Bread
   2. Pasta
   3. Rice
2. **Dairy**
3. Milk
4. Cheese
5. Yogurt