

NAME: _____

5 FOOD GROUPS

Write down below each item, which food group to they belong to



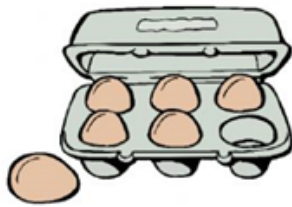
Fruit and Vegetables



Carbohydrates



Proteins



Proteins



Fats



Dairy



Carbohydrates



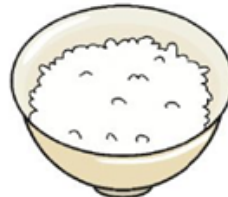
Fruit and Vegetables



Dairy



Fruit and Vegetables



Carbohydrates



Dairy

How Did You Do? 😊 😐 😞