

NAME: _____

5 FOOD GROUPS

Look at the picture below. Write the name of the food into the correct group.



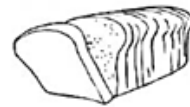
Biscuits



Watermelon



Grilled meat



Wholemeal bread



Steam chicken



Half fried eggs



Mustard greens



Fried noodles



Steam fish



Cake



Low fat milk



Fried rice



Soft drinks



Sweets



Tomato

Healthy Food	
1. Watermelon	Low fat milk
2. Grilled Meat	Tomato
3. Steam Chicken	
4. Mustard Greens	
5. Steam Fish	

Biscuits

Unhealthy Food	
1. Fried Noodles	
2. Cake	
3. Fried Rice	
4. Soft drinks	
5. Sweets	

Wholemeal bread
Half fried eggs

HOW DID YOU DO?

