

## TYPES OF FOOD

### 1. DRAG AND DROP THE FOOD TO THE CORRECT GROUP.

lettuce

fish

tomato

noodles

apples

milk

cereal

bread

oatmeal

almonds

meat

oranges

Fruit and Veggies

Rich in vitamins  
and minerals

Carbohydrates

Give you energy

Protein

Help you grow

### 2. CHOOSE THE CORRECT WORD TO COMPLETE EACH SENTENCE.

- It's important to eat  to get energy to do your daily activities.
- Healthy food is made of substances called .
- Food can have a  origin or an  origin.
- Milk and eggs have  that helps your body grow and heal.
- Oranges, kiwis and bananas have .
- Bread and cereal have  that give your body energy.