FOOD GROUPS

1. Read and locate falso (F) or true (T) as appropiate in each sentence.

F ____ There are seven (7) food groups.
F ____ Drinking water is very good.
V ____ The fruit and vegetable group includes cereals.
F ____ Sweets, hambuquesas, packages and hot dogs are good source of vitamins.
V
F ____ The group of meats, fish, eggs, poultry, nines, beans are a source of protein.

2. listen and number the foods groups.



1
2
3
4
5

3. Circle unhealthy foods and then match healthy foods with a line.



LIVEWORKSHEETS