WHAT KINDS OF FOODS HELP YOU GROW AND BE HEALTHY?

YOU NEED SOME OF THESE FOODS EACH DAY.
WHAT KINDS OF FOODS DO YOU NEED MOST?

DRAG THE DIFFERENT TYPES OF FOODS TO THE CORRECT PLACE.

TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5
BREAD, CEREAL, RICE AND PASTA.	VEGETABLES	FRUITS	MILK, CHEESE, MEAT, FISH, EGGS.	PEAS, DRY BEANS AND NUTS.

