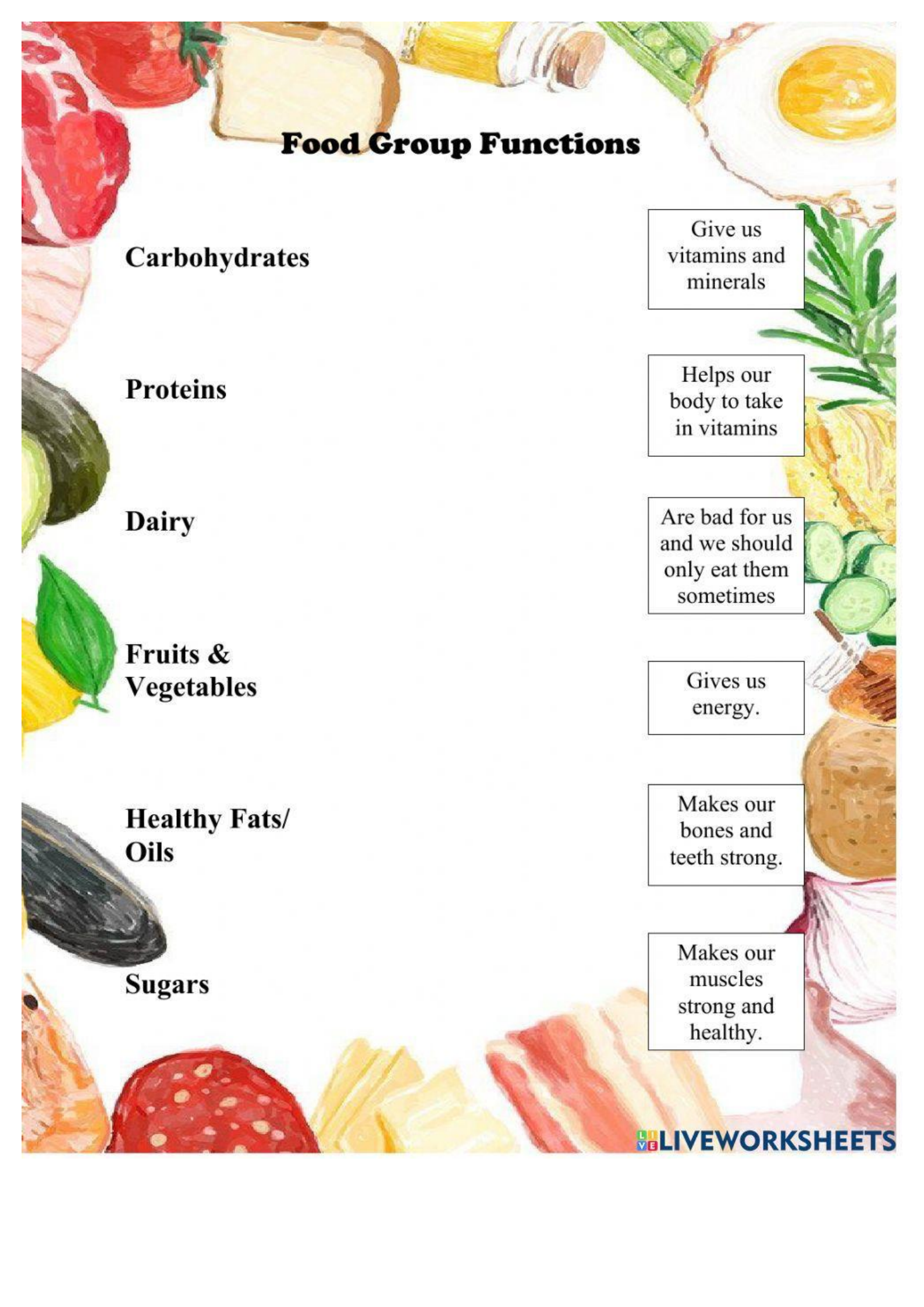




## **Food Group Functions**

**Carbohydrates**

Give us  
vitamins and  
minerals

**Proteins**

Helps our  
body to take  
in vitamins

**Dairy**

Are bad for us  
and we should  
only eat them  
sometimes

**Fruits &  
Vegetables**

Gives us  
energy.

**Healthy Fats/  
Oils**

Makes our  
bones and  
teeth strong.

**Sugars**

Makes our  
muscles  
strong and  
healthy.