

vitamins and minerals  
(fruits)

carbohydrates

proteins and minerals



proteins and minerals  
like calcium

vitamins and minerals  
(vegetables)

fats



Group 1: Carbohydrates  
(give us energy)

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Group 2 : fats (give  
us extra energy)

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Group 3: proteins (help us  
grow and repair the body)

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Group 4: proteins and minerals like calcium  
(help us grow and keep your bones strong)

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Group 5: vegetables- vitamins  
and minerals (keep us healthy)

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Group 6: fruits- vitamins and  
minerals (keep us healthy)

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