

Vocabulary- food

Exercise A - Write the name food under each image.









Now, you can write them in the correct food group.

vegetables	fruits	dairy	protein	grains	oils

B and C - Listen to the recommended total daily amount for each food group. Complete the text.

Recommended number of servings per day for adults:

Vegetables: ___ cups

Protein: ___ ounces

Fruits: ___ cups

Grains: ___ ounces

Dairy: ___ cups

Oils: ___ teaspoons