

請將最下方的字選出正確的分類

Five food groups

A

starchy
carbs

starchy food
澱粉類(醣類)

Give us energy

B

fruit
& veg

fruit and vegetables

Contain vitamins
and minerals to
keep us healthy

C

dairy

dairy 奶蛋類

Contains calcium
for healthy teeth
and strong bones

D

protein

protein 蛋白質

Helps muscles
to grow
and repair

E

fats

fats 油脂類

Fat helps keep our
organs safe. Too
much of it can be
bad for your health

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|------------------------|----------------------|---------------------------|-------------------------|----------------------|
| 1. eggs () | 2. beef () | 3. chicken () | 4. nuts () | 5. fish () |
| 6. pork () | 7. lemons () | 8. carrots () | 9. onions () | 10. bananas () |
| 11. bread () | 12. oranges () | 13. cake () | 14. tomatoes () | 15. rice () |
| 16. milk () | 17. cheese () | 18. strawberries () | 19. pineapples () | |
| 20. olive oil () | | | | |