

FOOD WHEEL



1. Drag a drop.

FATS

PROTEINS

DAIRY PRODUCTS

FRUIT AND VEGETABLES

CARBOHYDRATES

2. Read and tick the right one.

- PROTEINS
 - a) help us grow. ☐
 - b) give us energy. ☐
- DAIRY PRODUCTS ...
 - a) give us energy. ☐
 - b) are good for our bones and teeth. ☐
- CARBOHYDRATES...
 - a) help us grow. ☐
 - b) give us energy. ☐
- FRUIT AND VEGETABLES...
 - a) keep us healthy. ☐
 - b) help us grow. ☐
- FATS ...
 - a) help us grow. ☐
 - b) give us energy. ☐

3. Drag and drop.

give us energy.

give us energy .

help us grow.

keep us healthy.

are good for bones and teeth.

- a) Carbohydrates
- b) Fruit and vegetables
- c) Dairy products
- d) Fats
- e) Proteins

4. Tick the food of each group.

- **FATS:** BANANA OIL AVOCADO SWEETS
- **VEGETABLES:** PEPPER BROCCOLI CHICKEN APPLE
- **FRUIT:** GRAPE ORANGE LEMON LETTUCE
- **DAIRY PRODUCTS:** PASTA CEREALS CHEESE MILK
- **PROTEINS:** EGGS BREAD YOGURT SALMON MEAT
- **CARBOHYDRATES:** POTATO CARROT TUNA CEREALS