

# FOOD GROUPS

Match.



fruit and  
vegetables

dairy

protein

fats and  
sugar

grains



Complete the sentences with the food from the previous activity.

1) \_\_\_\_\_ and \_\_\_\_\_ are part of the **PROTEIN** group.

2) \_\_\_\_\_ and \_\_\_\_\_ are part of the **FRUIT and VEGETABLES** group.

3) \_\_\_\_\_ and \_\_\_\_\_ are part of the **GRAINS/ CEREALS** group.

4) \_\_\_\_\_ and \_\_\_\_\_ are part of the **FATS and SUGAR** group.

5) \_\_\_\_\_ and \_\_\_\_\_ are part of the **DAIRY** group.