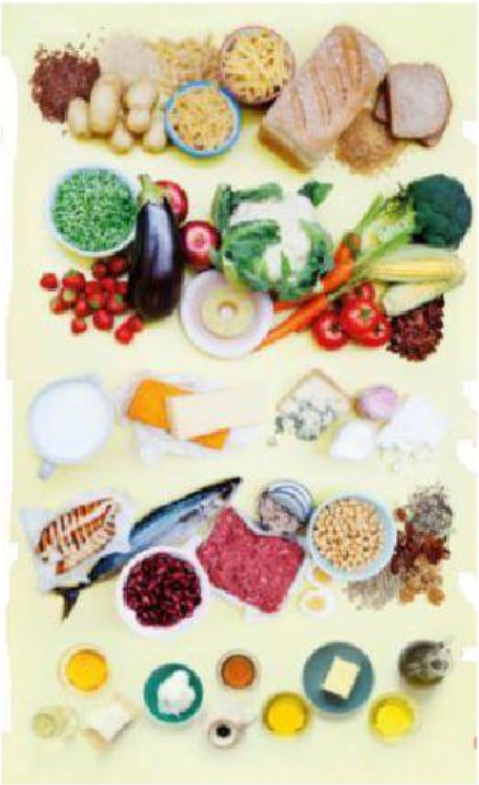
Food groups

Complete the chart.

Fruits and vegetables	Carbo-hydrates	Proteins	Dairy Products	Fats

Contain calcium for healthy teeth and bones.	Help muscles to grow and repair.	Give us energy.	Help your brain and nervous system.	Contain vitamins and minerals.

Food groups		They are good for or the give us...