

THE FOOD GROUPS



Drag the *NAME* of the correct food group.

carbohydrates

proteins

vegetables and fruits

sweets and fat

dairy

*lettuce, watermelon,
potatoes, green beans,
blueberries, strawberries,
peaches, banana, apple, pear
and eggplant.*

*salmon, egg, tuna, turkey,
chicken, beef and ham.*

*chocolate, oil, sugar,
sugar, jam and sweets.*

*milk, cheese, yoghurt and
butter.*

*cereals, bread, rice and
pasta.*