

A Listen. Match the food group to two examples. Then fill in the blank with an example that you hear from the list.  1:33

Food Group	Examples I Heard
1 whole grains	a spinach, broccoli, _____
2 vegetables	b soybeans, chickpeas, _____
3 fruits	c almonds, flaxseeds, _____
4 beans	d bread, spaghetti, <u>rice</u> _____
5 nuts and seeds	e apples, blueberries, _____

black beans
carrots
oranges
pecans
rice