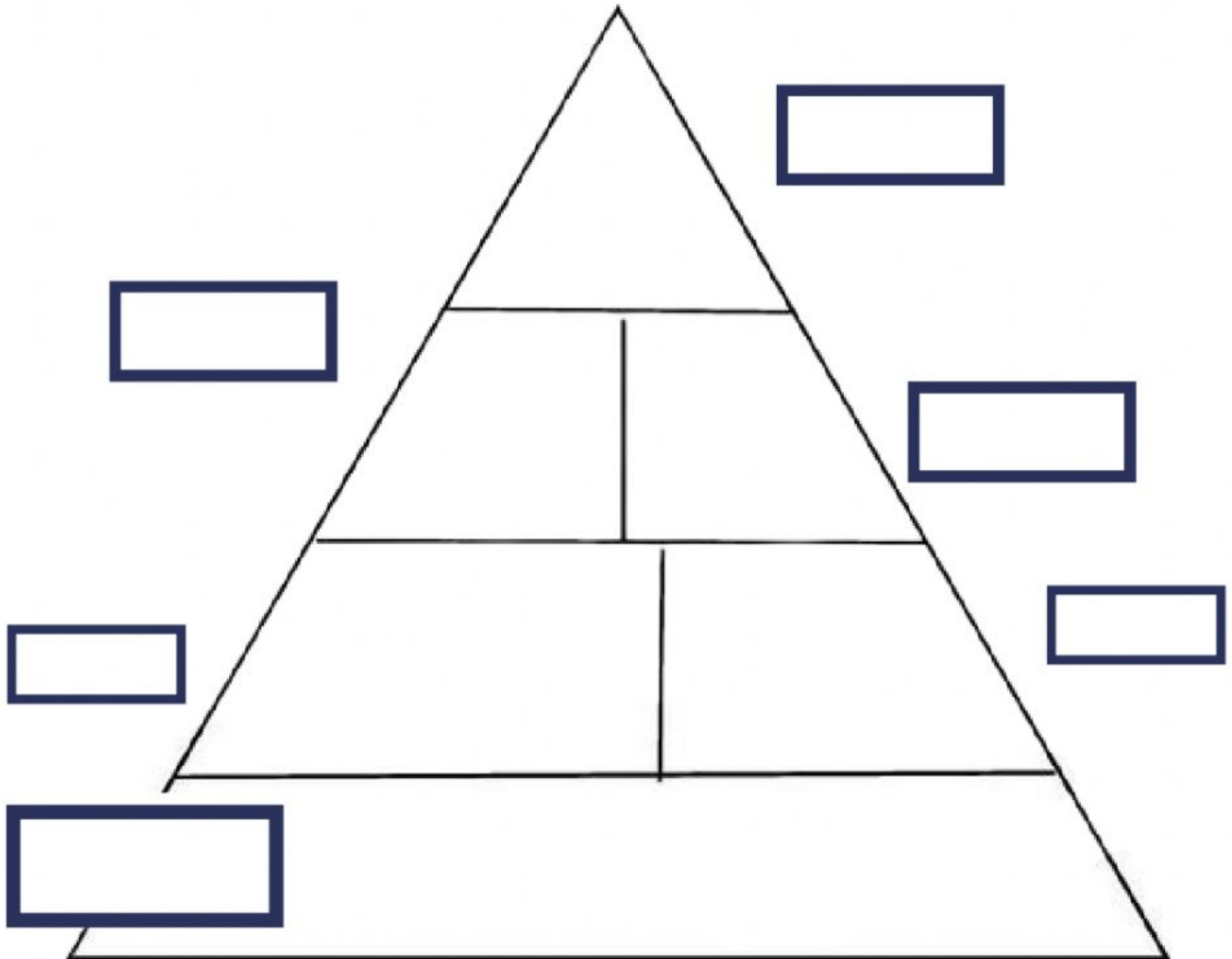


THE FOOD GROUPS

DRAG & LABEL THE FOOD PYRAMID CORRECTLY



This group provides calories and little nutrition. This should be consumed the least.

This food group comes mainly from animals, and important to provide protein, calcium, iron, and zinc.

The best choices from this group are wholemeal and wholegrain breads, cereals and savoury biscuits.

This food group is healthy because they provide natural sugars for energy sustenance

This groups foods are loaded with good nutrition and are naturally low fat and cholesterol-free

one of the major food groups. Many of the same nutrients found in meat can also be found in foods like eggs, dry beans, and nuts.