



# FOOD GROUPS



Drag the correct name of each group of food and write the benefits.

DAIRY  
PRODUCTS

FATS

FRUITS AND  
VEGETABLES

CARBOHYDRATES

PROTEIN



helps muscles  
to grow  
and repair

contain vitamins  
and minerals to  
keep us healthy

give us  
energy

helps to keep our  
organs safe. Too  
much of it can be  
bad for your health

contains calcium  
for healthy teeth  
and strong bones

Write the name of each food. Then, drag each picture to the corresponding group.

Dairy

Vegetables

Fruits

Grains

Protein

