



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

