2 Looking after ourselves

Exercise 2.1 Food groups

This exercise checks that you understand food groups.

Draw and label these foods in the right food group below.


bread


milk


carrot


noodle

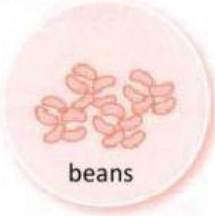

fish


donut


apple


cheese


chocolate


beans

The first one has been done for you.

Carbohydrate	Fruit and vegetables	Protein	Dairy	Fat and sugar
			 cheese	

LIVEWORKSHEETS