

NOME: _____ SÉRIE & TURMA: _____



The five main food groups are: **dairy**, **fruit**, **vegetables**, **grains**, and **meat and beans**.

Use the words from the box below to label the items in the following grid. Write the answers in your notebook.

banana - black beans - broccoli - cereal - fish - mango
papaya - tomato - red pepper - spinach - yogurt

Dairy



cheese



milk



Fruit



apple



strawberries



orange



blueberries



grapes



watermelon

banana - black beans - broccoli - cereal - fish - mango
papaya - tomato - red pepper - spinach - yogurt

Vegetables



aubergine



sweet potato



okra



beetroots



carrot



lettuce



swede



sweetcorn

Grains



bread



rice



pasta

Meat and beans



chicken



egg

