

Food Groups and My Healthy Plate

A: Matching.

Match the name of each food group to its importance in our body.

Grains

Helps muscles to grow and repair

Fruits & vegetables

Gives us energy

Dairy

No real nutritional value

Proteins

Contains calcium to help build strong bones and teeth

Fats & Sweets

Contains vitamins and minerals

B: True and False

1. A balance plate helps us to achieve daily healthy nutrients.
2. Half of our plate should be made up of proteins.
3. Fill half your plate with fruits and vegetables.
4. We should have 6-11 servings of grains.
5. We can have one serving of fats and sweets every day.

C: Create a Balance Plate

Drag and drop the food items to create a healthy plate.

I love eating healthy!

