

FOOD GROUPS

➤ Drag and drop .

FRUIT GROUP

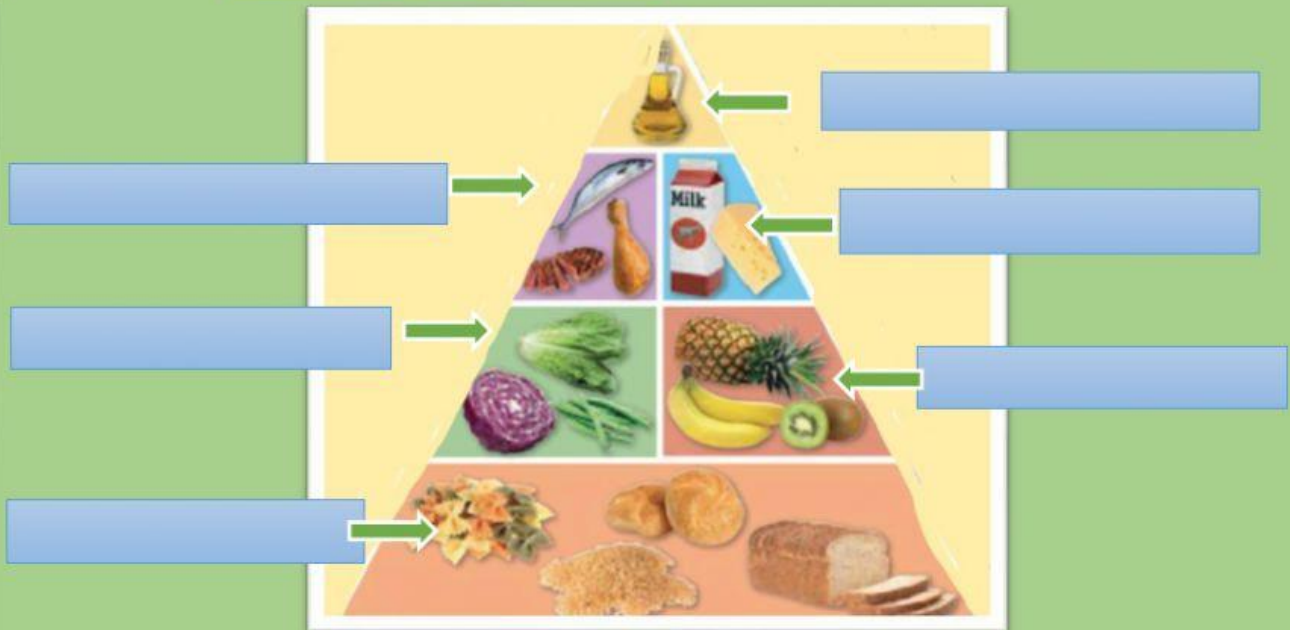
OILS AND FATS GROUP

DAIRY PRODUCTS GROUP

VEGETABLE GROUP

CEREAL GROUP

MEAT AND FISH GROUP



➤ Choose the right option.

- **The OIL AND FAT GROUP.**

Foods like oil, _____ and cheese are in this group.

Don't eat too much from this group.

- **The FISH, MEAT AND BEANS GROUP.**

Foods like chicken, ham and lentils are in this group.

They have lot of _____ that help us grow.

- **The VEGETABLE GROUP.**

Foods like broccoli carrots and peas are in this group.

They have lots of _____ that keep us _____.

- **The CEREAL GROUP.**

Foods like bread, cereal, rice and pasta are in this group.

They have lots of _____ that give us _____.

- **The DAIRY PRODUCTS GROUP.**

Foods like yoghurt, cheese and milk are in this group.

They have lots of _____ that makes our bones strong.

- **The FRUIT GROUP.**

Foods like cherries, plums and pineapples are in this group.

We need to eat _____ portions of fruit every day.