

FOOD GROUPS AND NUTRIENTS


1. What nutrient will these food give you?





Vitamins	Minerals	Carbohydrates	Proteins	Fats

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The  gives us because it is meat.

The  gives us because it is dairy.

The  gives us because it is grain.

The  gives us because it is a fruit.

The  gives us because it is fats.

The  gives us because it is a vegetable.

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