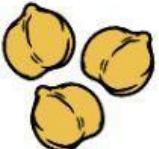
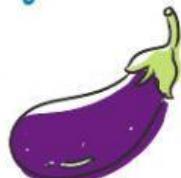


# FOOD GROUPS AND NUTRIENTS

1. What nutrient will these food give you?



Vitamins	Minerals	Carbohydrates	Proteins	Fats

@educacion\_critica

# FOOD GROUPS AND NUTRIENTS

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.