

請將最下方的字選出正確的分類

Five food groups

A

starchy
carbs

starchy food
澱粉類(醣類)

Give us energy

B

fruit
& veg

fruit and vegetables

Contain vitamins
and minerals to
keep us healthy

C

dairy

dairy 奶蛋類

Contains calcium
for healthy teeth
and strong bones

D

protein

protein 蛋白質

Helps muscles
to grow
and repair

E

fats

fats 油脂類

Fat helps keep our
organs safe. Too
much of it can be
bad for your health

1. eggs ()
2. beef ()
3. chicken ()
4. nuts ()
5. fish ()
6. pork ()
7. lemons ()
8. carrots ()
9. onions ()
10. bananas ()
11. bread ()
12. oranges ()
13. cake ()
14. tomatoes ()
15. rice ()
16. milk ()
17. cheese ()
18. strawberries ()
19. pineapples ()
20. olive oil ()