

# FOOD WHEEL



## 1. Drag a drop.

FATS

PROTEINS

DAIRY PRODUCTS

FRUIT AND VEGETABLES

CARBOHYDRATES

## 2. Read and tick the right one.

- PROTEINS ..... a) help us grow. ☐  
b) give us energy. ☐
- DAIRY PRODUCTS ...a) give us energy. ☐  
b) are good for our bones and teeth. ☐
- CARBOHYDRATES... a) help us grow. ☐  
b) give us energy. ☐
- FRUIT AND VEGETABLES... a) keep us healthy. ☐  
b) help us grow. ☐
- FATS ... a) help us grow. ☐  
b) give us energy. ☐

### 3. Drag and drop.

give us energy.

give us energy .

help us grow.

keep us healthy.

are good for bones and teeth.

a) Carbohydrates .....

b) Fruit and vegetables .....

c) Dairy products .....

d) Fats .....

e) Proteins .....

### 4. Tick the food of each group.

- FATS: BANANA OIL AVOCADO SWEETS

- VEGETABLES: PEPPER BROCCOLI CHICKEN APPLE

- FRUIT: GRAPE ORANGE LEMON LETTUCE

- DAIRY PRODUCTS: PASTA CEREALS CHEESE MILK

- PROTEINS: EGGS BREAD YOGURT SALMON MEAT

- CARBOHYDRATES: POTATO CARROT TUNA CEREALS