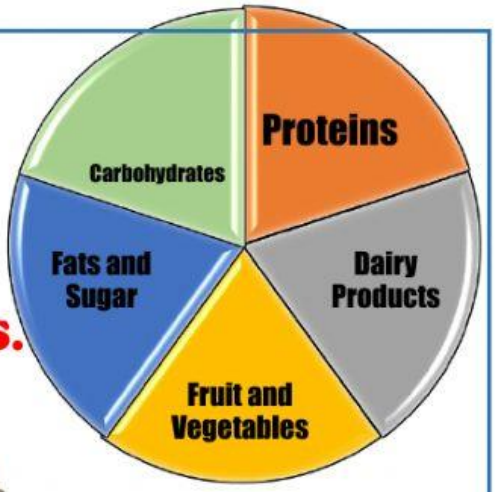
FOOD GROUPS



I. MATCH THE TYPES OF PROTEINS WITH THE PICTURES. DRAW A LINE.

1. Quorn
2. Peas
3. Dahl
4. Fish
5. Eggs

II. COMPLETE THE TABLE WITH NAMES OF FOODS FROM THE DIFFERENT FOOD GROUPS. WRITE.

meat beans cucumber pasta rice barley broccoli
yoghurt milk fish breads fromage frais carrot duck

Proteins	Carbohydrates	Dairy	Vegetables