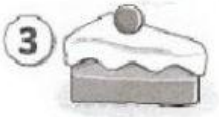
FOOD GROUPS

Match.

1

2

3 

4

5

fruit and vegetables

dairy

protein

fats and sugar

grains

6

7

8

9

10

Complete the sentences with the food from the previous activity.

1) _____ and _____ are part of the **PROTEIN** group.

2) _____ and _____ are part of the **FRUIT and VEGETABLES** group.

3) _____ and _____ are part of the **GRAINS/ CEREALS** group.

4) _____ and _____ are part of the **FATS and SUGAR** group.

5) _____ and _____ are part of the **DAIRY** group.