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Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
			
carrots	bagels	cheese	chicken
			
lettuce	cooked pasta	milk	beef
			
cucumbers	bread	powdered milk	fish



Canada's Food Guide – Warm-up Picture and Word Cards (page 2 of 2) – CLB 2-3

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
			
bananas	cereal	yogurt	eggs
			
apple	flat bread	ice cream	nuts
			
tomatoes	bulgur	kefir	tofu
			
orange juice	couscous	soy milk	shellfish