A **Listen. Match the food group to two examples. Then fill in the blank with an example that you hear from the list.** 1•33

Food Group		Examples I Heard	
1 whole grains		a spinach, broccoli, _____	
2 vegetables		b soybeans, chickpeas, _____	
3 fruits		c almonds, flaxseeds, _____	
4 beans		d bread, spaghetti, rice	
5 nuts and seeds		e apples, blueberries, _____	

black beans
carrots
oranges
pecans
~~rice~~

LIVEWORKSHEETS