

Name: _____

Date: _____

Going Grocery Shopping

Activity 2: Understanding Nutritional Categories

DIRECTIONS: Use the pictures to write the names of the foods that belong in each food group. Then write other foods that belong in each of the food groups.

GRAINS	FRUITS AND VEGETABLES	PROTEIN	DAIRY



Orange



Spinach



Banana



Tuna



Tomato



Yogurt



Beans



Carrot



Pineapple



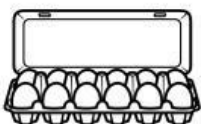
Cereal



Chicken



Cheese



Eggs



Bread



Onions



Rice



Spaghetti