

	Fats, oil and sweets	Dairy products	Meet, chicken, fish, eggs, nuts, beans	Fruit and vegetables	Bread, cereal, rice, pasta
This food group helps your teeth stay strong.	☐	☐	☐	☐	☐
This food group gives you energy.	☐	☐	☐	☐	☐
This food group makes your muscles strong.	☐	☐	☐	☐	☐
You shouldn't eat a lot from this food group.	☐	☐	☐	☐	☐
This group gives you the protein you need.	☐	☐	☐	☐	☐
You should eat foods from this food group to avoid getting ill.	☐	☐	☐	☐	☐

LIVEWORKSHEETS