

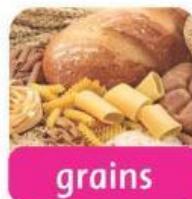
1 Listen, point, and repeat.  39



fruit



vegetables



grains



cheese



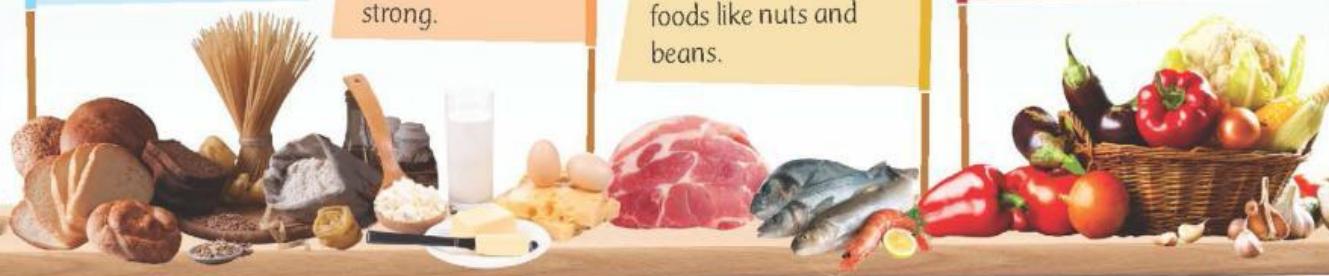
dairy

2 Listen and read.  40

Grains

Foods made from rice or other cereal grains are grain foods.

Bread, noodles, and breakfast cereals are all made from grains.



Food groups

Dairy

Milk, yogurt, and cheese are dairy foods. Dairy foods help to keep your bones and teeth strong.

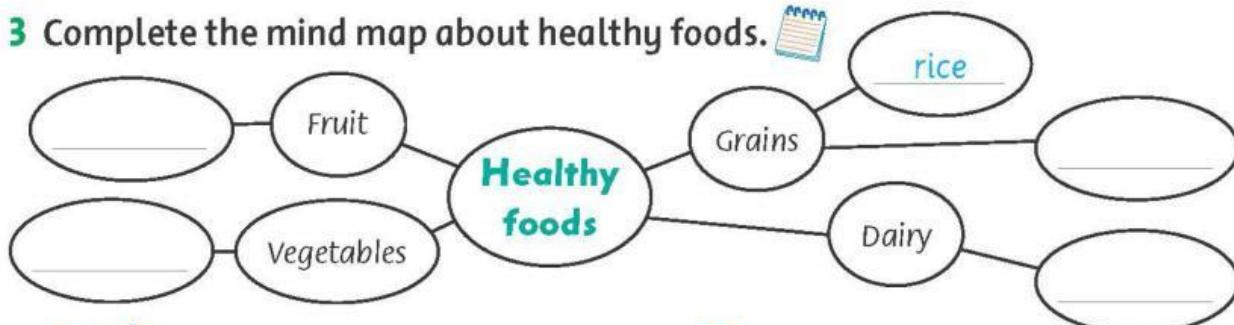
Meat and fish

Meat and fish are very important, too. If you don't eat meat, you need eggs and plant foods like nuts and beans.

Fruit and vegetables

Fruit and vegetables keep your body healthy and help you to keep well.

3 Complete the mind map about healthy foods. 



4  Add more foods to the mind map. 

5 Look and color.

My work in Starter Unit, Units 1–3 & Fluency Time! 1 is



OK



Good



Excellent