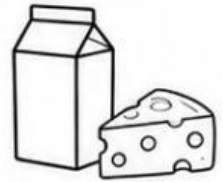


Name: _____ Class: _____ Date: _____



Mind Map Worksheet Food Groups

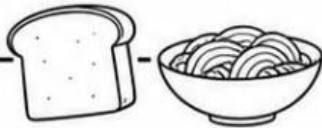


Complete the mind map. Write what each food group does and give examples.

Go Foods

They help us:

Examples:



FOOD GROUPS



Grow Foods

They help us:

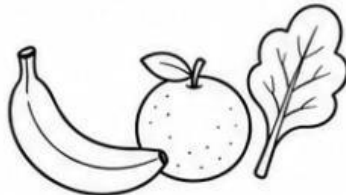
Examples:



Glow Foods

They help us:

Examples:



★ Go foods = energy

Grow foods = growth
and repair

Glow foods = health
and protection

Sort These Foods

Go

Grow

Glow

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Draw a meal with Go, Grow and Glow foods

