

# FOOD GROUPS

1. Read and locate falso (F) or true (T) as appropriate in each sentence.

- F  There are seven (7) food groups.  
 F  Drinking water is very good.  
 V  The fruit and vegetable group includes cereals.  
 F  Sweets, hambuquesas, packages and hot dogs are good source of vitamins.  
 V  The group of meats, fish, eggs, poultry, nines, beans are a source of protein.  
 F

 2. listen and number the foods groups.



3. Circle unhealthy foods and then match healthy foods with a line.

