

NOME: _____ SÉRIE & TURMA: _____



The five main food groups are: **dairy**, **fruit**, **vegetables**, **grains**, and **meat and beans**.

Use the words from the box below to label the items in the following grid. Write the answers in your notebook.

banana - black beans - broccoli - cereal - fish - mango
papaya - tomato - red pepper - spinach - yogurt

Dairy				
			★	
cheese	milk		★	

Fruit				
apple	★	★	strawberries	orange
★	blueberries	grapes	★	watermelon

banana - black beans - broccoli - cereal - fish - mango
papaya - tomato - red pepper - spinach - yogurt

Vegetables



aubergine



sweet potato



okra



beetroots



carrot



lettuce



swede



sweetcorn

Grains



bread



rice



pasta

Meat and beans



chicken



egg

