

# HEALTHY FOOD: FOOD GROUPS

Watch the following video. Let's discover the 5 fabulous food groups.



Put the correct items of food in the correct column.

| FRUIT | GRAIN | VEGETABLES | PROTEIN | DAIRY |
|-------|-------|------------|---------|-------|
|       |       |            |         |       |



EGGPLANT



RICE



CHICKEN



CHERRY



YOGHURT



CHEESE



APRICOT



ASPARAGUS



EGGS



LENTILS