



Food Group Functions

Carbohydrates

Give us
vitamins and
minerals

Proteins

Helps our
body to take
in vitamins

Dairy

Are bad for us
and we should
only eat them
sometimes

**Fruits &
Vegetables**

Gives us
energy.

**Healthy Fats/
Oils**

Makes our
bones and
teeth strong.

Sugars

Makes our
muscles
strong and
healthy.