

# FOOD WHEEL



## 1. Drag a drop.

FATS

PROTEINS

DAIRY PRODUCTS

FRUIT AND VEGETABLES

CARBOHYDRATES

## 2. Read and tick the right one.

- PROTEINS ..... a) help us grow.  b) give us energy.
- DAIRY PRODUCTS ... a) give us energy.  b) are good for our bones and teeth.
- CARBOHYDRATES... a) help us grow.  b) give us energy.
- FRUIT AND VEGETABLES... a) keep us healthy.  b) help us grow.
- FATS ... a) help us grow.  b) give us energy.

### 3. Drag and drop.

give us energy.

give us energy .

help us grow.

keep us healthy.

are good for bones and teeth.

- a) Carbohydrates .....
- b) Fruit and vegetables .....
- c) Dairy products .....
- d) Fats .....
- e) Proteins .....

### 4. Tick the food of each group.

- **FATS:**  BANANA  OIL  AVOCADO  SWEETS
- **VEGETABLES:**  PEPPER  BROCCOLI  CHICKEN  APPLE
- **FRUIT:**  GRAPE  ORANGE  LEMON  LETTUCE
- **DAIRY PRODUCTS:**  PASTA  CEREALS  CHEESE  MILK
- **PROTEINS:**  EGGS  BREAD  YOGURT  SALMON  MEAT
- **CARBOHYDRATES:**  POTATO  CARROT  TUNA  CEREALS