

# 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