

The 5 Fabulous Food Groups

Watch the video and fill in the gaps with the words from the box.

energy meal grain food protein dairy fruit
strawberries bread vegetable

Our bodies need lots of _____ to keep us going throughout the day. And do you know where we get that energy? From the _____ we eat! And all kinds of different people enjoy different kinds of food.

But whether your favorite _____ includes noodles or nectarines, tortillas or tofu, most types of food have some of what our bodies need to stay healthy. You might already know that we can put different kinds of food into different groups.

Let's check out each group, and see what kind of food belongs where! Let's start with the _____ group. You gotta love sweet, delicious fruit! This group includes things like apples and pears, oranges and _____.

Fresh fruit is the best for you, but fruit that's canned or frozen counts, too. After all, many fruits are hard to find in the winter, and some fruits only grow in certain parts of the world.

Next comes the _____ group. Grains are plants, like oats, wheat, and barley.

If a food is made from one of these plants, or any other grain plant, it belongs here. That means things made of flour, like _____ and noodles, breakfast foods like oatmeal and cereal, and even rice, are all part of this group.

Next up, the _____ group. Vegetables come from plants, too -- but unlike grains, they're either the roots, stems, or leaves of certain plants that we can eat! Carrots, for example, are the sweet orange roots of the carrot plant. A head of lettuce is just a bunch of crunchy leaves.

Meats, like chicken or hamburger, belong to the _____ group. And so do fish, like tuna, and eggs, made any way you like!

But not all members of this group come from animals. Other foods like beans, peanut butter, and tofu, which is made from soybeans, are full of protein, so they're also proud members of the protein group.

And that leaves us with the last group, _____. If a food is made from cow milk or soy milk, it's in the dairy group. So this is where you find things like yogurt, and all kinds of cheeses, as well as your usual glass of milk. And do you know what else fits in this group? Ice cream!

But that reminds me, sweet treats like candy don't fit into any of our groups. That's because they're made mostly of sugar, and don't have any of the things that our bodies need to stay healthy. So, it's okay to enjoy these foods from time to time ... but just not a lot of the time. Now, do you think you can put food into the right group?