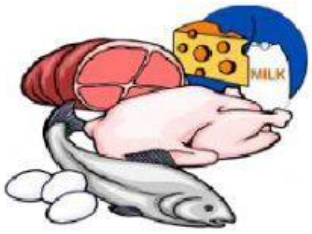
# Go, Grow and Glow Foods

**Listen carefully to the video below.**

https://youtu.be/HZAVxpmSLW4

**Match the groups of food to the correct label.**








| GO FOODS | GROW FOODS | GLOW FOODS |
| --- | --- | --- |