Choose the correct food group.

- A MEAT, PULSES, FISH, EGGS, AND OTHER PROTEINS
- B FRUIT AND VEGETABLES
- C DAIRY AND ALTERNATIVES
- D POTATOES, RICE, BREAD, PASTA AND OTHER STARCHY CARBOHYDRATES

Choose the correct food group.

- A DAIRY AND ALTERNATIVES
- B POTATOES, RICE, BREAD, PASTA AND OTHER STARCHY CARBOHYDRATES
- C FRUIT AND VEGETABLES
- D MEAT, PULSES, FISH, EGGS, AND OTHER PROTEINS

Choose the correct food group.

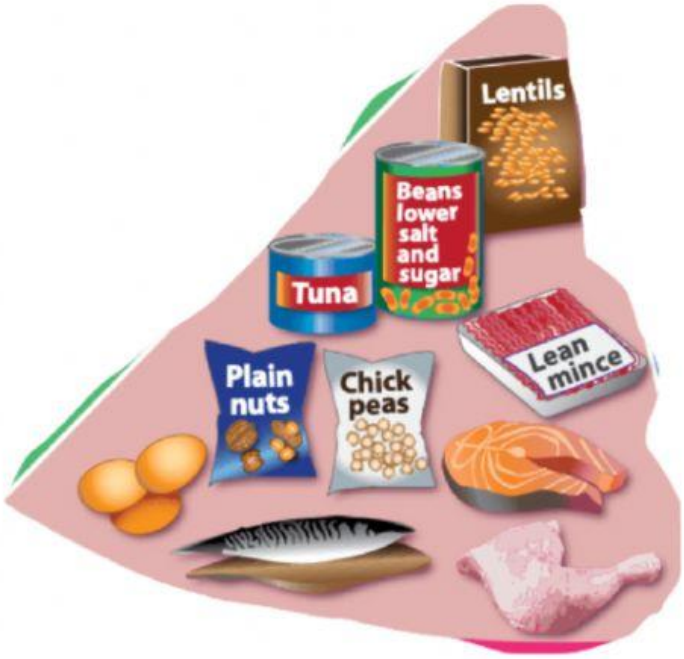
A POTATOES, RICE, BREAD, PASTA AND OTHER STARCHY CARBOHYDRATES

B OILS AND SPREADS

C DAIRY AND ALTERNATIVES

D MEAT, PULSES, FISH, EGGS, AND OTHER PROTEINS

Choose the correct food group.



A POTATOES, RICE, BREAD, PASTA AND OTHER STARCHY CARBOHYDRATES

B DAIRY AND ALTERNATIVES

C MEAT, PULSES, FISH, EGGS, AND OTHER PROTEINS

D FRUIT AND VEGETABLES

Choose the correct food group.

A POTATOES, RICE, BREAD, PASTA AND OTHER STARCHY CARBOHYDRATES

B FRUIT AND VEGETABLES

C OILS AND SPREADS

D DAIRY AND ALTERNATIVES