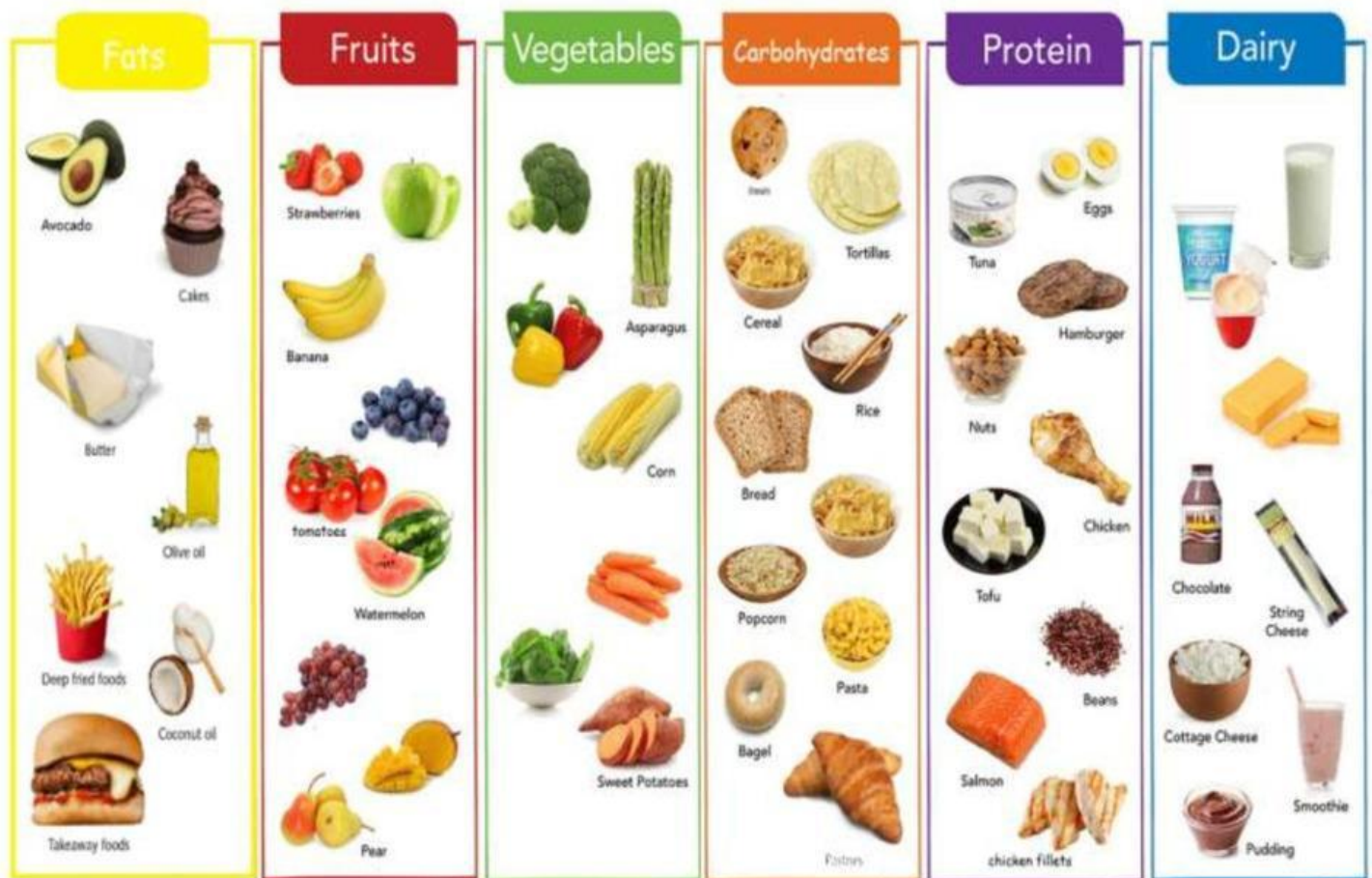


Human Nutrition (Unit 1) (Liveworksheet 3)

Label the different foods or type of food in each food group.



Select the correct categories for each of these foods:



Fruits
 Vegetables
 Fats (Saturated/Unsaturated)
 Sugars (Fructose/Glucose)
 Dairy
 Proteins (Plant/Animal)
 Carbohydrates (Simple/Complex)



Fruits
 Vegetables
 Fats (Saturated/Unsaturated)
 Sugars (Fructose/Glucose)
 Dairy
 Proteins (Plant/Animal)
 Carbohydrates (Simple/Complex)



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