1 Listen, point, and repeat. 39

fruit

vegetables

grains

cheese

dairy

2 Listen and read. 40

Food groups

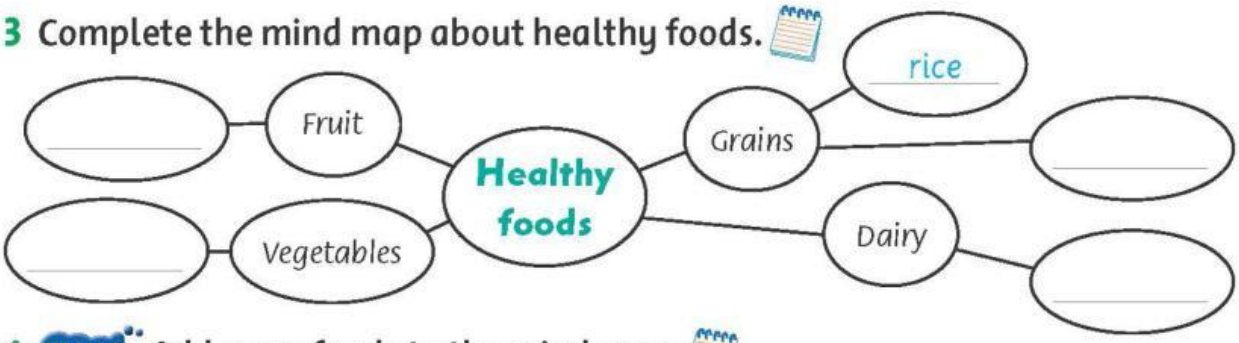
Grains
Foods made from rice or other cereal grains are grain foods. Bread, noodles, and breakfast cereals are all made from grains.

Dairy
Milk, yogurt, and cheese are dairy foods. Dairy foods help to keep your bones and teeth strong.

Meat and fish
Meat and fish are very important, too. If you don't eat meat, you need eggs and plant foods like nuts and beans.

Fruit and vegetables
Fruit and vegetables keep your body healthy and help you to keep well.

3 Complete the mind map about healthy foods.



4 Think! Add more foods to the mind map.

5 Look and color.

My work in Starter Unit, Units 1–3 & Fluency Time! 1 is

OK Good Excellent

LIVEWORKSHEETS