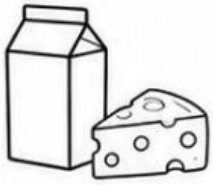
Name: _____ Class: _____ Date: _____



Mind Map Worksheet
Food Groups



Complete the mind map. Write what each food group does and give examples.

Go Foods

They help us:

_____

_____

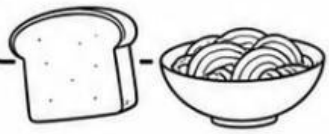
_____

Examples:

_____

_____

_____



FOOD GROUPS





Grow Foods

They help us:

_____

_____

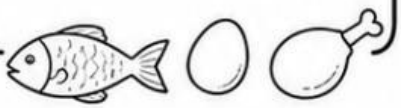
_____

Examples:

_____

_____

_____



Glow Foods

They help us:

_____

_____

_____

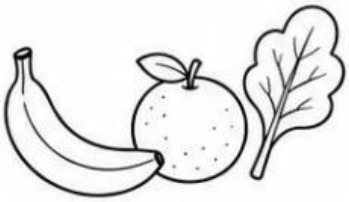
Examples:

_____

_____

_____



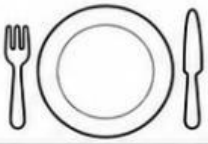


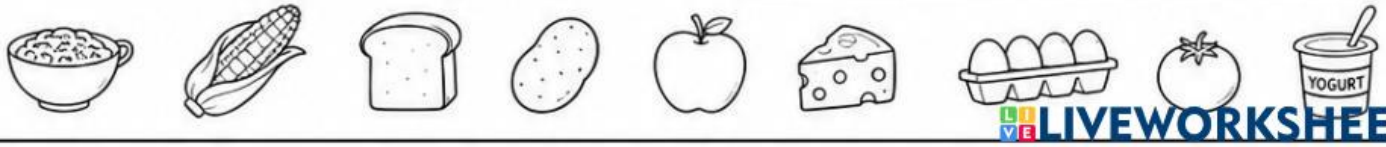
- ☆ **Go foods** = energy
- **Grow foods** = growth and repair
- **Glow foods** = health and protection

Sort These Foods

Go	Grow	Glow

Draw a meal with Go, Grow and Glow foods





LIVEWORKSHEETS