

FOOD GROUPS



GRAIN GROUP

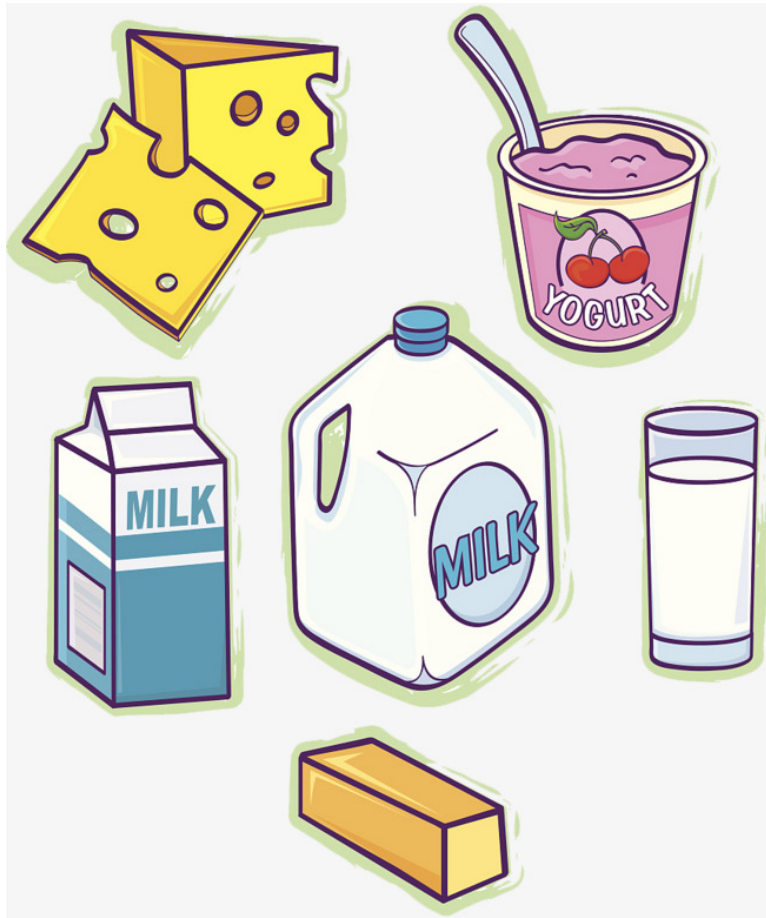


Do you know the names of the food in the picture?

Grain foods give you energy and fibers to help your digestive system.

Grain products are carbohydrates.

DAIRY FOOD



Do you know the names of the food in the picture?

Milk group foods have calcium, proteins and some vitamins.

Dairy products keep your bones and teeth healthy.

MEAT AND VEGETABLES

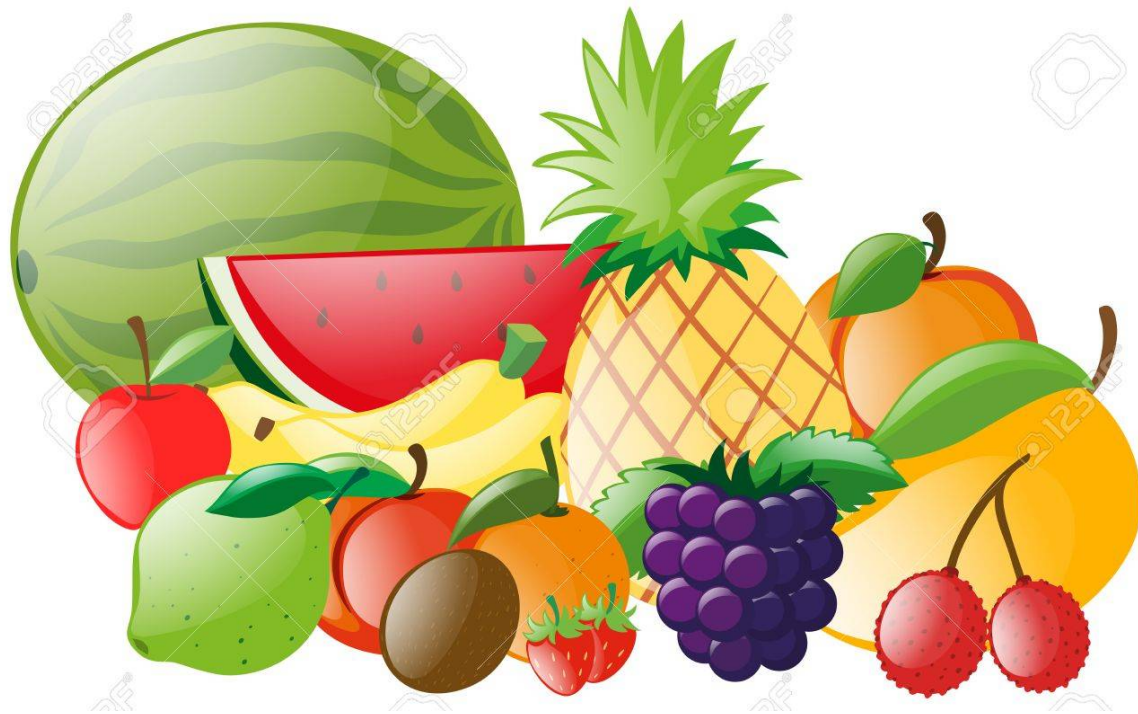


Do you know the names of the food in the picture?

Meat and beans are proteins.

Proteins build a strong body.

FRUIT AND VEGETABLES



Do you know the names of the food in the picture?

They are rich in vitamins and minerals.

They repair your body. They have fibers to help your digestive system.

They have different colors.

FATS, OIL AND SUGAR



Do you know the names of the food in the picture?

Fats and sweets give a lot of energy, but not many nutrients.

They store energy .