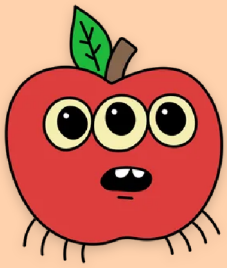
SCIENCE · FOOD GROUPS AND HEALTHY EATING · GRADES 1–3

The Five Food Groups

Write fifteen foods under fruits, vegetables, grains, protein and dairy.

Name: _____ **Date:** _____



Write each food under its food group.

bread · eggs · strawberries · cheese · rice · fish · carrot · banana · chicken · broccoli · peas · pasta · milk · yogurt · apple

Fruits	Vegetables	Grains	Protein	Dairy

Which food group do you eat the most?

_____

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