

Food Groups

How many different foods can you list for each of these categories?
Write down as many as you can.

Fruits and Vegetables	
Dairy	
Starches	
Meat and Fish	
Fats and Sugars	

We need a variety of different foods to keep us _____. Some foods help us to _____ and some foods give us _____. Foods that help us grow contain _____ which not only helps us grow but also _____ our body when we are ill or _____. Foods with lots of _____, as well as fats and _____, help to give us energy.

starch	injured	repairs	grow	energy	sugars	healthy	protein
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