

Food Groups

Lesson Title: *Healthy Eating*

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Name: _____



Take the pictures of food you have and sort them into the different food groups:

Grains

Vegetables

Fruits

Fats and Oils

Milk and Dairy

Meats, Beans, Fish, and Nuts

Then glue the pictures onto the space provided for the food groups.

Grains

Vegetables

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Fruits

Fats and Oils

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Milk and Dairy

Meats, Beans, Fish, and Nuts