

# Food Groups



Write one food from each food group.

The image shows five food group cards arranged in two rows. Each card has a colorful border and a list of food items. Below the list is a writing area with a dashed line and a solid line. The cards are:

- Grains:** Bread, rice, pasta, wheat. Writing area: \_\_\_\_\_
- Vegetables:** Broccoli, carrots, bell peppers, tomatoes. Writing area: \_\_\_\_\_
- Fruits:** Apple, banana, grapes, kiwi. Writing area: \_\_\_\_\_
- Proteins:** Salmon, chicken, fish, eggs, almonds, walnuts. Writing area: \_\_\_\_\_
- Dairy:** Milk, cheese, yogurt. Writing area: \_\_\_\_\_

