



Complete this worksheet and
turn in to your coach by _____
to get a star!

Level 2

Name: _____

The 5 Food Groups

Healthy Habit of the Week:

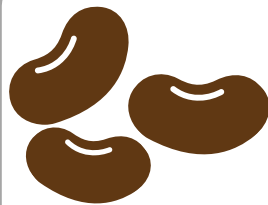
I will eat something from each food group each day

Key Points:

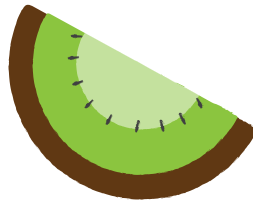
- There are 5 food groups that you should eat at every meal to have a balanced diet
 - Fruits - apples, oranges, bananas, kiwis
 - Vegetables - carrots, green peppers, peas
 - Dairy - milk, cheese, yogurt, butter
 - Grains - bread, cereal, rice, oatmeal
 - Proteins - meat, eggs, beans, peanut butter
- We can occasionally have a sweet treat, pop or chips – just not every day and in small portions

Where do these foods belong?

Match each food to the food group it belongs to and then give one more example of another food that fits in each food group!



black beans



kiwi



whole grain bread



broccoli



cheese



Key:

