

Food Groups Definitions

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Match the food groups to the definitions and then provide examples

1) **Carbohydrates**

☐

They taste sweet but do not help your body much. They can cause problems if you eat them too often.

2) **Protein**

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They give your body energy to move, play, and think. They are found in foods like bread, rice, pasta, and potatoes.

3) **Fruits**

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They help your body stay strong and work properly. They are full of vitamins, minerals, and fiber.

4) **Vegetables**

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They give your body natural sugars, vitamins, and water. They keep you hydrated and full of energy.

5) **Dairy Products**

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They build and repair your body. They help your muscles grow and make you strong.

6) **Fats and Oils**

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They give your body calcium and vitamin D. These are important for strong bones and teeth.

7) **Sweets /
Sugary foods**

☐

They give your body extra energy and help absorb some vitamins. Some of them are healthy.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____