



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

Name: _____

The 5 Food Groups

Healthy Habit of the Week:

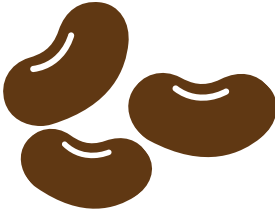
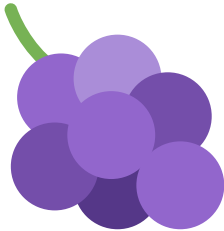








I will eat something from each food group each day

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!

				
black beans	grapes	whole grain bread	broccoli	cheese
				
Grains	Vegetables	Protein	Dairy	Fruits



Key:

