



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:

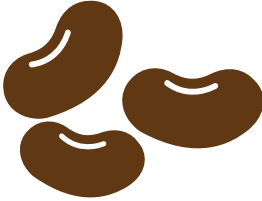
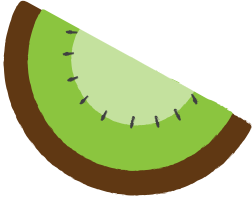








I will eat something from each food group each day

### 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 and then give one more example of another food that fits in each food group!

				
black beans	kiwi	whole grain bread	broccoli	cheese
				
_____	_____	_____	_____	_____



Key:

