

# Food groups



1. Fruits and vegetables  
 2. Grains  
 3. Proteins  
 4. Dairy products  
 5. Nuts and seeds  
 6. Oils and fats  
 7. Beverages  
 8. Sweeteners  
 9. Spices and herbs  
 10. Condiments

This page is for your notes. Write down the names of the food groups and examples of foods that belong to each group.