

Food groups



1. Fruits and vegetables
 2. Grains
 3. Protein
 4. Dairy products
 5. Oils and fats
 6. Beverages
 7. Nuts and seeds
 8. Legumes
 9. Eggs
 10. Meat and fish

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