

Name \_\_\_\_\_

**SCHOLASTIC**

## Food groups

Research the five main food groups and complete the table below.

<b>Food group</b>	<b>Needed by body for:</b>	<b>Where do we get it from?:</b>
Carbohydrates		
	Energy	
		meat, fish, eggs, milk
	To keep the body healthy	
Vitamins		

123456789101112131415161718192021222324252627282930313233343536373839404142434445464748495051525354555657585960616263646566676869707172737475767778798081828384858687888990919293949596979899100