

Name: _____

THE FIVE FOOD GROUPS

Read the names of food in the word box. Sort and write them under an appropriate group.

steak	broccoli	pear
bagel	cheese	
muffin	turkey	turnip
orange	yogurt	

Fruit

Vegetables

Grains

Proteins

Dairy

Name: _____

Answer Key

THE FIVE FOOD GROUPS

Read the names of food in the word box. Sort and write them under an appropriate group.

steak broccoli pear
bagel cheese
muffin turkey turnip
orange yogurt

Fruit

pear

orange

Vegetables

turnip

broccoli

Grains

bagel

muffin

Proteins

steak

turkey

Dairy

yogurt

cheese