

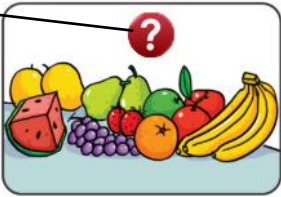
To help you complete this worksheet, use the Good Food for You book.



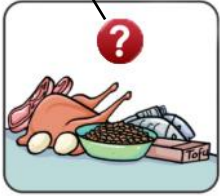
# Food groups

Every day, people should eat foods from each of the \_\_\_\_\_ food groups. The five food groups are grains, vegetables, \_\_\_\_\_, milk, and meat and beans. Eating from the five food groups helps to give your body the \_\_\_\_\_ (nourishing things) it needs.

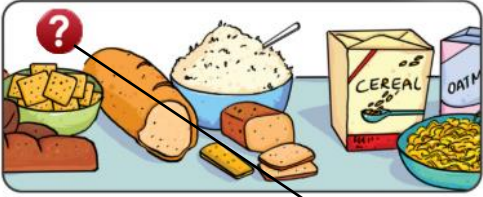
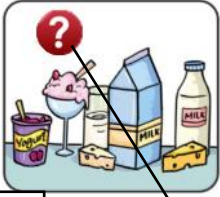
\_\_\_\_\_



\_\_\_\_\_ and \_\_\_\_\_



\_\_\_\_\_ is the science that deals with food and how the body uses it.



\_\_\_\_\_ are not one of the five food groups. Nevertheless, our bodies need a small amount of fat every day. Fats from certain vegetables, fruits and seeds are healthy fat.

\_\_\_\_\_

\_\_\_\_\_