

Activity 1: Foods to Grow On

You need many different foods to grow. Foods come in many different sizes, shapes, and colors. One way to think about foods is to group them. There are five food groups. The names of the groups are: FRUITS, VEGETABLES, GRAINS, PROTEIN FOODS, DAIRY. You should eat foods from each of the five food groups every day.

Can you match these foods to their food group?

Cut out the cards with your teacher. Next, mix up the cards and place them face down on a table. Turn over the cards two at a time. Do they match? If not, turn them back over and try again. When you have matched all the pairs, the game is over. Good job; you know your food groups!

