



Introduction to Food Groups

What are food groups? Food groups are categories of foods that are similar in nutritional value and function. There are five main food groups: fruits, vegetables, proteins, whole grains, and dairy products.

Activity 1: Match the Food Group

Match the food to its corresponding food group:

- Apple: _____
- Carrot: _____
- Chicken: _____
- Bread: _____
- Milk: _____

Fruits

What are fruits? Fruits are sweet and fleshy parts of plants that grow from flowers and contain seeds.

Activity 2: Fruit Sorting

Sort the following fruits into the correct basket:

- Apple
- Banana
- Orange
- Grapes
- Pear

Vegetables

What are vegetables? Vegetables are edible parts of plants, such as leaves, stems, and roots.

Activity 3: Vegetable Matching

Match the vegetable to its picture:

- Broccoli: _____
- Carrot: _____
- Potato: _____
- Tomato: _____

Proteins

What are proteins? Proteins are foods that help build and repair our bodies.

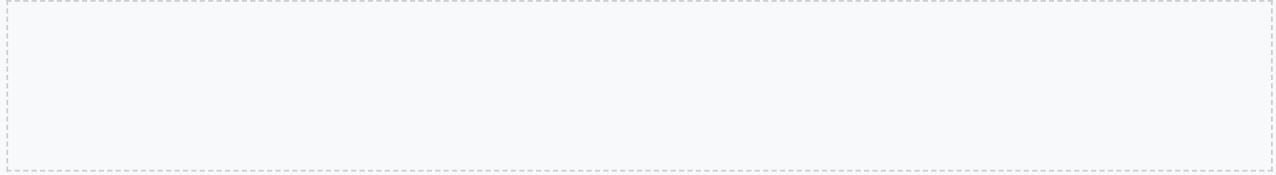
Activity 4: Protein Sorting

Sort the following proteins into the correct category:

- Chicken
- Fish
- Beef
- Eggs
- Beans

Whole Grains

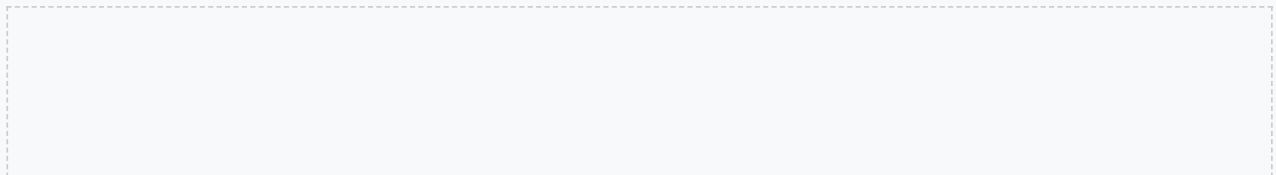
What are whole grains? Whole grains are foods made from entire grains, including bran, germ, and endosperm.



Activity 5: Whole Grain Matching

Match the whole grain to its picture:

- Bread: _____
- Rice: _____
- Quinoa: _____
- Pasta: _____



Dairy Products

What are dairy products? Dairy products are foods that come from milk, such as cheese, yogurt, and milk itself.

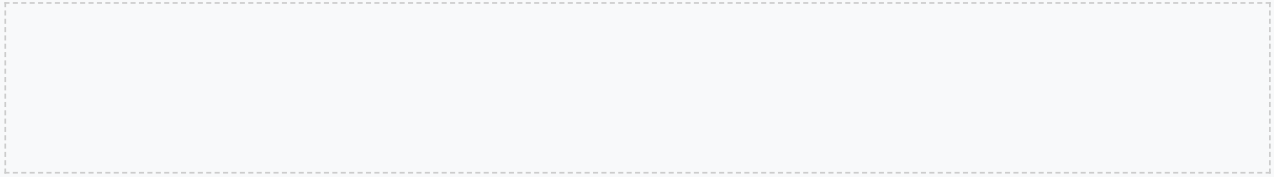
Activity 6: Dairy Product Sorting

Sort the following dairy products into the correct category:

- Milk
- Cheese
- Yogurt
- Ice Cream
- Butter

Healthy Plate

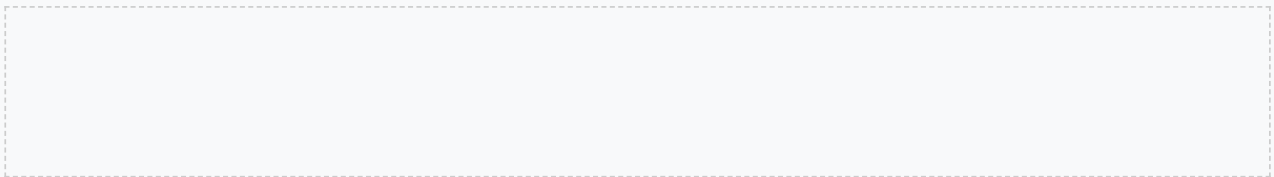
What is a healthy plate? A healthy plate is a plate that includes a variety of foods from different food groups.



Activity 7: Create a Healthy Plate

Create a healthy plate by drawing a picture of a plate with a variety of foods from different food groups:

- Fruits: _____
- Vegetables: _____
- Proteins: _____
- Whole Grains: _____
- Dairy Products: _____



Food Group Charades

Act out a food from each food group without speaking:

- Fruits: _____
- Vegetables: _____
- Proteins: _____
- Whole Grains: _____
- Dairy Products: _____

Food Group Scavenger Hunt

Find a food from each food group in the classroom or at home:

- Fruits: _____
- Vegetables: _____
- Proteins: _____
- Whole Grains: _____
- Dairy Products: _____

Conclusion

Congratulations! You have completed the Exploring Food Groups through Colorful Pictures and Songs worksheet!

Remember, eating a variety of foods from different food groups is important for a healthy body!

We hope you had fun learning about the different food groups!

