



Student Name: _____

Class: _____


Due Date: _____

Page 1: Introduction

Welcome to Healthy Eating! Today, we're going on a fun adventure to learn about food groups. Can you name some of your favorite foods?

Activity 1: Food Group Sorting

Look at the pictures below and sort them into their correct groups: Fruits, Vegetables, Meats, and Dairy Products.

 Pictures of different foods

Fruits

- Apple
- Banana
- Orange

Vegetables

- Carrot
- Broccoli
- Spinach

Meats

- Chicken
- Beef
- Fish

Dairy Products

- Milk
- Cheese
- Yogurt

Create your own food group poster!

Draw or paste pictures of foods that belong to each group.

Fruits: _____

Vegetables: _____

Meats: _____

Dairy Products: _____

Read the story below and point out which foods belong to each group.

"Yesterday, I ate an apple (fruit) and a carrot (vegetable) for snack. Then, I had chicken (meat) and milk (dairy product) for lunch."

Find the following foods in the pictures or at home and identify their group:

Apple: _____

Carrot: _____

Chicken: _____

Milk: _____

Draw or write about a meal that includes at least one food from each group.

Be creative!

A large, empty rectangular box with a thin black border, intended for a student to draw or write about a meal. The box is positioned within a light orange background area.

Arrange the foods below into their correct groups on the chart.

Food	Group
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Apple	
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Carrot	
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Chicken	
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Milk	
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Banana	
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Broccoli	
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Beef	
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Cheese	
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I can:

- Name the four basic food groups.
- Give examples of foods that belong to each group.
- Sort different foods into their correct groups.
- Show my work to my family and talk about what I learned.

Engage in conversations with your child about the foods you eat at home and which group they belong to.

Involve your child in grocery shopping and meal preparation.

Praise your child's efforts and encourage them to learn more about healthy eating.

Congratulations! You've completed the Introduction to Healthy Eating activity.

Remember to have fun while learning about food groups and healthy eating habits!