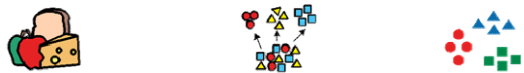


I can sort foods into groups.



I learned something interesting



Food can be sorted into groups.



Just like different colour groups.



Food is sorted into 5 groups.



Vegetables like carrots, broccoli and peas.



Fruits like bananas, cherries and apples.



Proteins like beans, chicken and fish.



Grains like cereal, bread and crackers



Dairy like milk, cheese and yoghurt.



Su M T W
Th F Sa

To be healthy it is important to eat food from each group every day.



Then my body will have all it needs to keep me well.

Let's sort!

