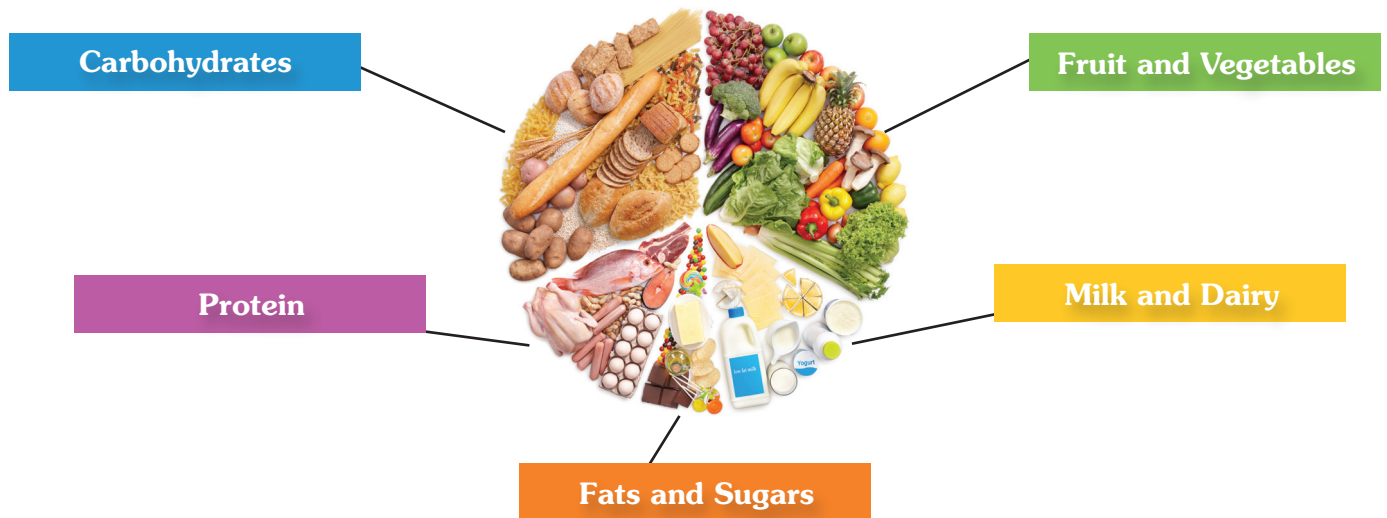


The Five Main Food Groups

Look at the five main food groups below. List some foods that belong to each of the categories.



Carbohydrates

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Fruit and Vegetables

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Protein

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Fats and Sugars

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Milk and Dairy

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