

Name _____


Date _____

Meet the Food Groups


Match foods to their groups




Directions: Write the food-group letter in each box: F fruit, V vegetable, P protein, G grain.




Apple



Broccoli




Egg




Whole-grain bread




Banana



Carrot



Fish



Brown rice

F = Fruit V = Vegetable P = Protein G = Grain

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Answer Key: Write the food-group letter in each box: F fruit, V vegetable, P protein, G grain.**F****Apple****V****Broccoli****P****Egg****G****Whole-grain bread****F****Banana****V****Carrot****P****Fish****G****Brown rice****F = Fruit V = Vegetable P = Protein G = Grain**