

Activity / Experiment: Intro to Food Groups Answer Sheet

You've sorted out your plate and you're ready to check your answers!

Fruits

Grains

Dairy

Vegetables

Protein

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Guiding Questions:

List some common sources of protein:

We eat protein when we eat meat, poultry, and seafood. So, much of the protein we consume comes from animals such as chickens, cows, and fish. Protein also comes from plants; beans, peas, nuts, seeds, and soy products are great sources of protein.

There are many ways to eat fruits and vegetables. What are some of the ways in which you like to eat fruits? Vegetables?

There are so many ways to prepare and eat fruits and vegetables. We can eat them raw and whole, slice them and eat them with dips and sauces, cook them in a variety of ways such as boiling, frying, grilling and roasting, bake them in breads for a savory flavor or add them to cakes to make them sweet. We can even juice or blend them to make healthy juices and smoothies.

How are fruits different from vegetables?

The fruit is the edible part of a plant which houses the seed. The vegetable is the edible part of a plant including leaves, stems, stalks, roots, flowers, tubes and bulbs. Many fruits such as tomatoes, cucumbers, squash, peppers, and pumpkins are often viewed as vegetables (and that's ok!). The key is to make half your plate fruits and vegetables.



List some common grains and grain products:

Some common grains are rice, oats, wheat, barley, and cornmeal. Grains are either eaten whole or used to make grain products such as pasta, bread, tortillas, breakfast cereals, oatmeal, and grits.

Where does dairy come from? List some common dairy products:

The word dairy refers to milk. Products made from milk are called dairy products. Many animals produce milk, however most of the dairy we eat or drink is made from cows' milk. Common dairy products include milk, cheese, yogurt, and calcium-fortified soymilk.

For more information on food groups and creating a healthy plate visit:
[ChooseMyPlate.gov](https://www.choosemyplate.gov).