Activity / Experiment: Intro to Food Groups

Learn about the food groups and food portions using your plate.

Materials Needed:
- Printer (optional)
- Markers or Crayons
- Paper
- Scissors
- Glue

Instructions:
1. Print and cut out the images below.
2. Label each section of plate as either: fruits, vegetables, protein, grains, or dairy.
3. Paste the picture of the food onto the section of the plate where you think it belongs.
4. Decide what goes into the cup.
   * You can also draw your own plate and foods. Remember to label each section! *
5. When you’re done with the activity, check your work in this answer sheet.
Guiding Questions:

List some common sources of protein:

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

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How are fruits different from vegetables?

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List some common grains and grain products:

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

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