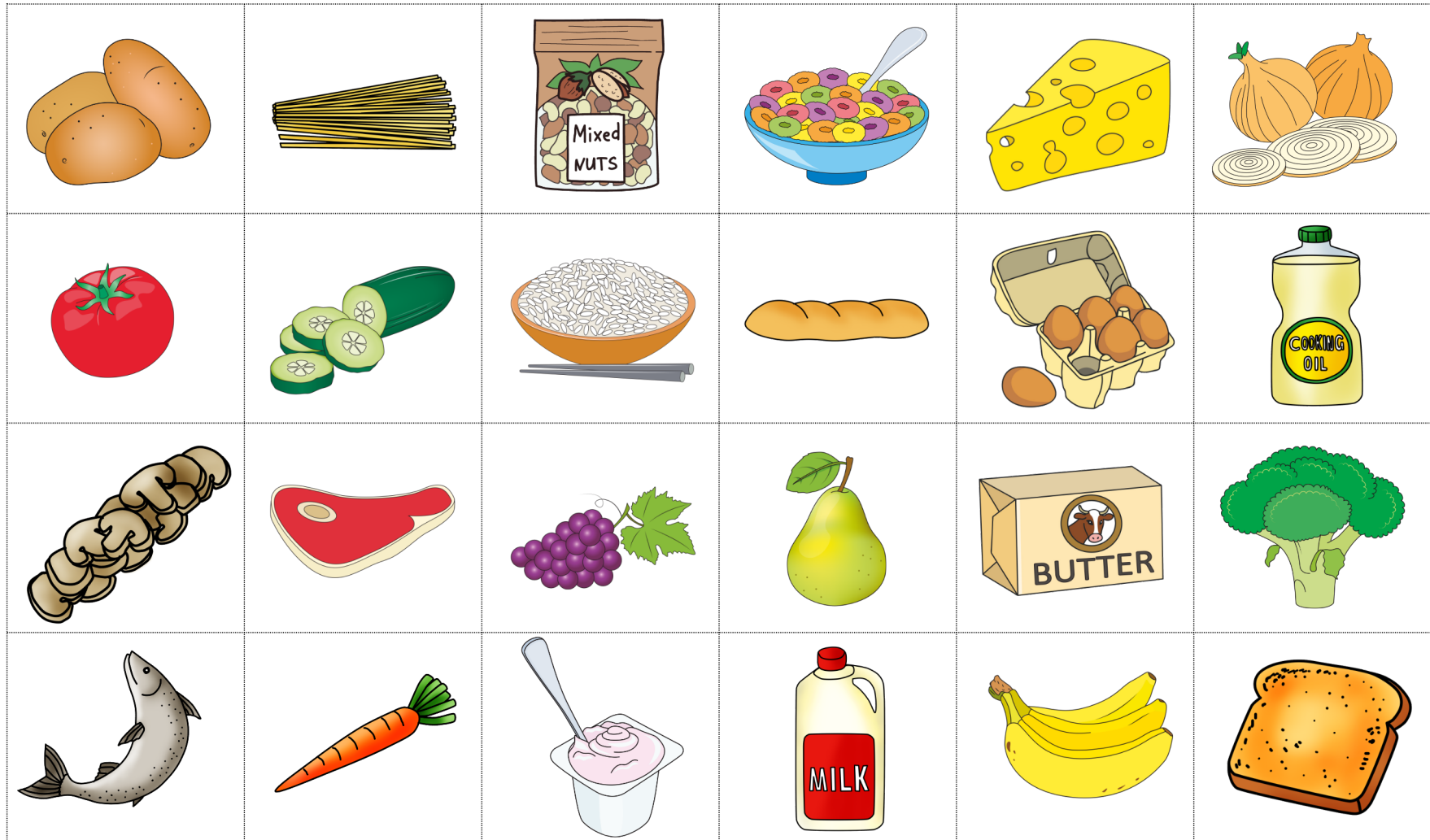


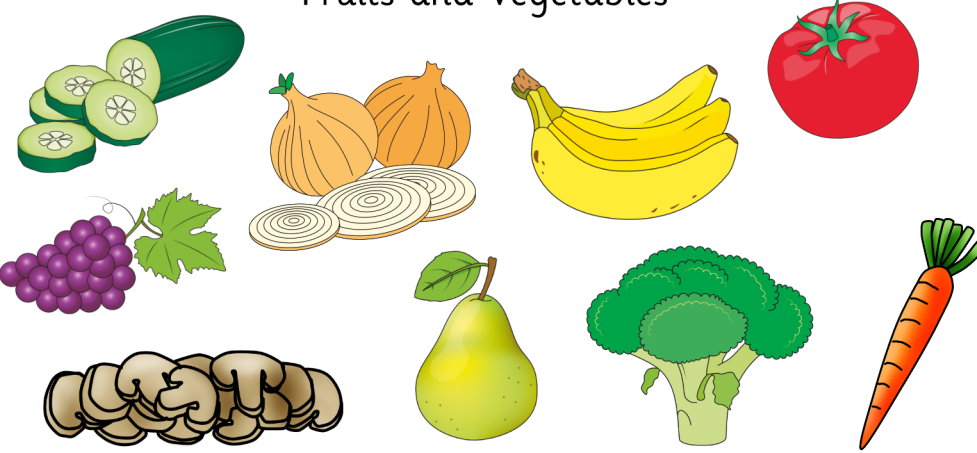
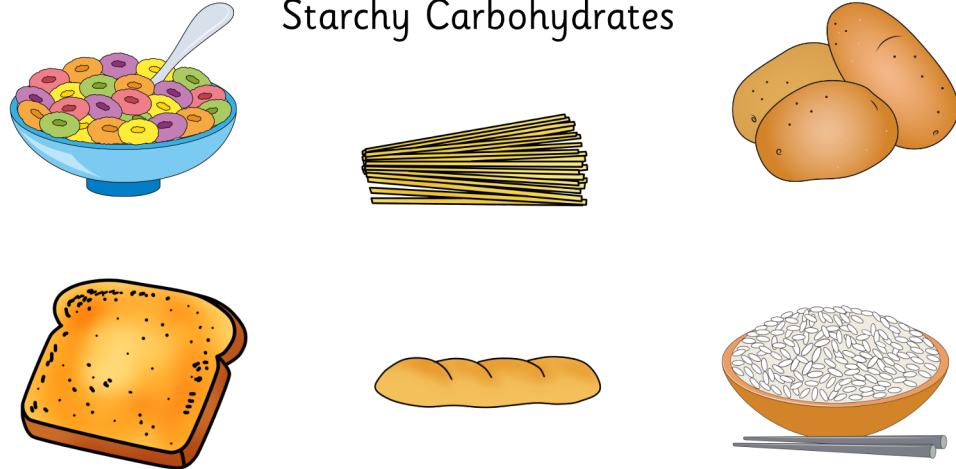
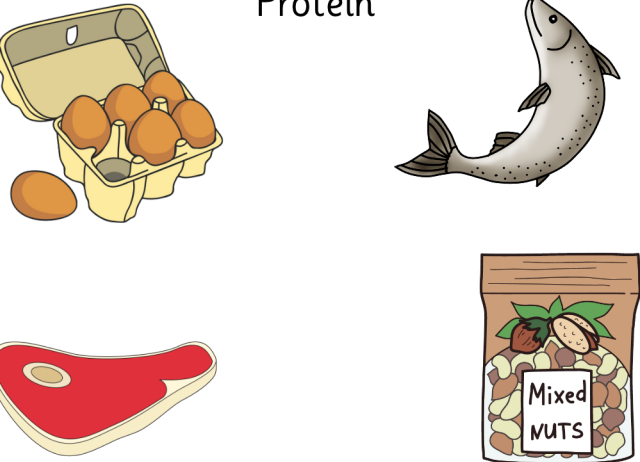
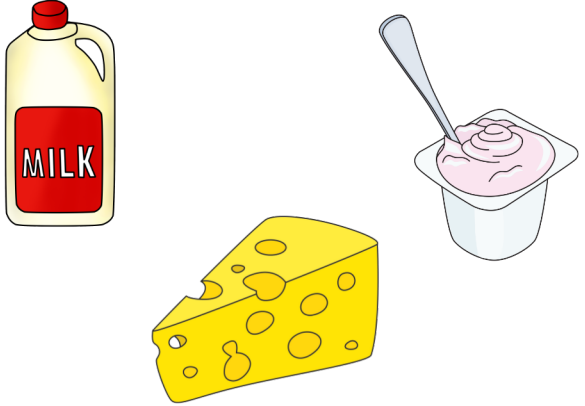
# Food Groups

Food and drinks can be divided up into five main food groups.  
Cut out the foods on the following page and sort them into the correct food group.

Fruits and Vegetables	Starchy Carbohydrates	
Protein	Dairy and Alternatives	Oils and Spreads



# Answers

<p>Fruits and Vegetables</p> 	<p>Starchy Carbohydrates</p> 	
<p>Protein</p> 	<p>Dairy and Alternatives</p> 	<p>Oils and Spreads</p> 