

# Food Groups

Match the correct information to each food group.

<b>Grains</b>	<b>Fruits</b>
<b>Vegetables</b>	<b>Proteins</b>
<b>Dairy</b>	<b>Fats and Sweets</b>
Provide our bodies with vitamins, minerals and fibre. 5 serves a day is recommended.	Products made from the milk of mammals such as milk, yogurt and cheese.
Lollies, candies and sweets. Foods in this group are heavily processed.	Foods include rice, pasta, bread and cereal.
Foods in this group include lean meats, fish, nuts and beans.	These foods help bodies build and maintain muscles. 2 ½ serves a day is recommended.
A great source of fibre, carbohydrates and protein. 4-5 serves every day is recommended.	Foods include carrots, celery, mushrooms and broccoli.
Foods include apples, oranges, peaches and watermelon.	Rich in vitamins, minerals and fibre. 2 serves a day is recommended.
These foods are an important source of calcium. 2 ½ - 3 ½ serves a day.	These foods are not a necessary part of a balanced and healthy diet. They should only be eaten occasionally.

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