Activity 13. Read and look for the correct group:

Groups: grain, vegetables, fruit, milk, meat, other.

- _____ gives us carbohydrates for the energy that we need to study, work etc. We will find in bread, cereal, pasta and rice.

- _____ provide vitamin C and A. They fight the infection and prevent diseases. We will find in apples, bananas, oranges, strawberries, pear etc.

- _____ give us vitamin A that keeps our skin healthy. It has contains vitamin C too. We will find in broccoli, corn, peas, green beans, lettuce etc.

- _____ help you build strong muscles and it also provides the protein that your body needs. We will find in beef, pork, chicken, turkey, fish, eggs and nuts.

- _____ helps keep your bones and teeth strong and healthy because they provide calcium. We will find in milk, yogurt, cheese etc.

- ____ is the fats, oils, and junk food. We will find in potato chips, donuts, cakes, cookies, candy, soft drinks, and other salty snacks.