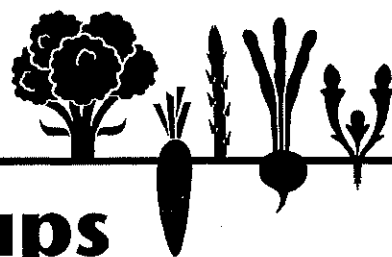







Eating From the Garden

A nutrition and gardening program



Match the Food Groups

Directions: Draw a line to match each food group with the box that tells us what the group gives our bodies.

Food group	
	Grains
	Fruits
	Vegetables
	Dairy
	Protein

What the food group gives our bodies
Foods from this group include plants without seeds, and are good sources of the vitamins and minerals we need to stay healthy.
Foods from this group provide our bodies with fiber and energy from complex carbohydrates. We need carbohydrates for energy to do all the things we do every day.
Foods from this group are good sources of minerals and protein, which help our muscles grow and stay strong.
Foods from this group include plants with seeds, and are good sources of vitamins and minerals we need to stay healthy.
Foods from this group are good sources of calcium and other nutrients that our teeth and bones need to grow and stay strong.