

Name \_\_\_\_\_

Date \_\_\_\_\_

Grade Level: 3rd – 5th Grade | Standard: 1.NU.5.2

# The Food Groups

**Directions:** Read each meal below. List out the food groups featured in every meal.

## The Five Food Groups:

<b>Fruits</b>	<b>Vegetables</b>	<b>Grains</b>	<b>Protein</b>	<b>Dairy</b>
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1. Peter woke up hungry and had oatmeal with sliced strawberries on top. He poured a glass of milk and sat down to eat.  
Food groups: \_\_\_\_\_

2. Olivia packed a turkey sandwich on whole wheat bread for lunch. She added some baby carrots and a small container of hummus.  
Food groups: \_\_\_\_\_

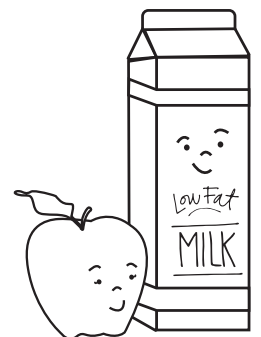
3. For dinner, Justin's family made grilled chicken with a side of steamed broccoli and a garden salad.  
Food groups: \_\_\_\_\_

4. Piper grabbed a quick snack after school: a cheese stick, a handful of grapes, and a small cup of yogurt.  
Food groups: \_\_\_\_\_

5. Mikey's lunch tray had a scoop of brown rice, a side of black beans, and a cold glass of chocolate milk.  
Food groups: \_\_\_\_\_

**Bonus:** Why is it important to include all five food groups in your meals? Write one or two sentences below.

\_\_\_\_\_  
\_\_\_\_\_



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1. Peter woke up hungry and had oatmeal with sliced strawberries on top. He poured a glass of milk and sat down to eat.

Food groups: **grains, fruits, dairy**

2. Olivia packed a turkey sandwich on whole wheat bread for lunch. She added some baby carrots and a small container of hummus.

Food groups: **protein, grains, veggies**

3. For dinner, Justin's family made grilled chicken with a side of steamed broccoli and a garden salad.

Food groups: **protein, veggies**

4. Piper grabbed a quick snack after school: a cheese stick, a handful of grapes, and a small cup of yogurt.

Food groups: **dairy, fruits**

5. Mikey's lunch tray had a scoop of brown rice, a side of black beans, and a cold glass of chocolate milk.

Food groups: **grains, protein, dairy**

**Bonus:** Why is it important to include all five food groups in your meals? Write one or two sentences below.

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