

Food Groups



fruits and vegetables

meat, fish, eggs, beans and other non-dairy sources of protein

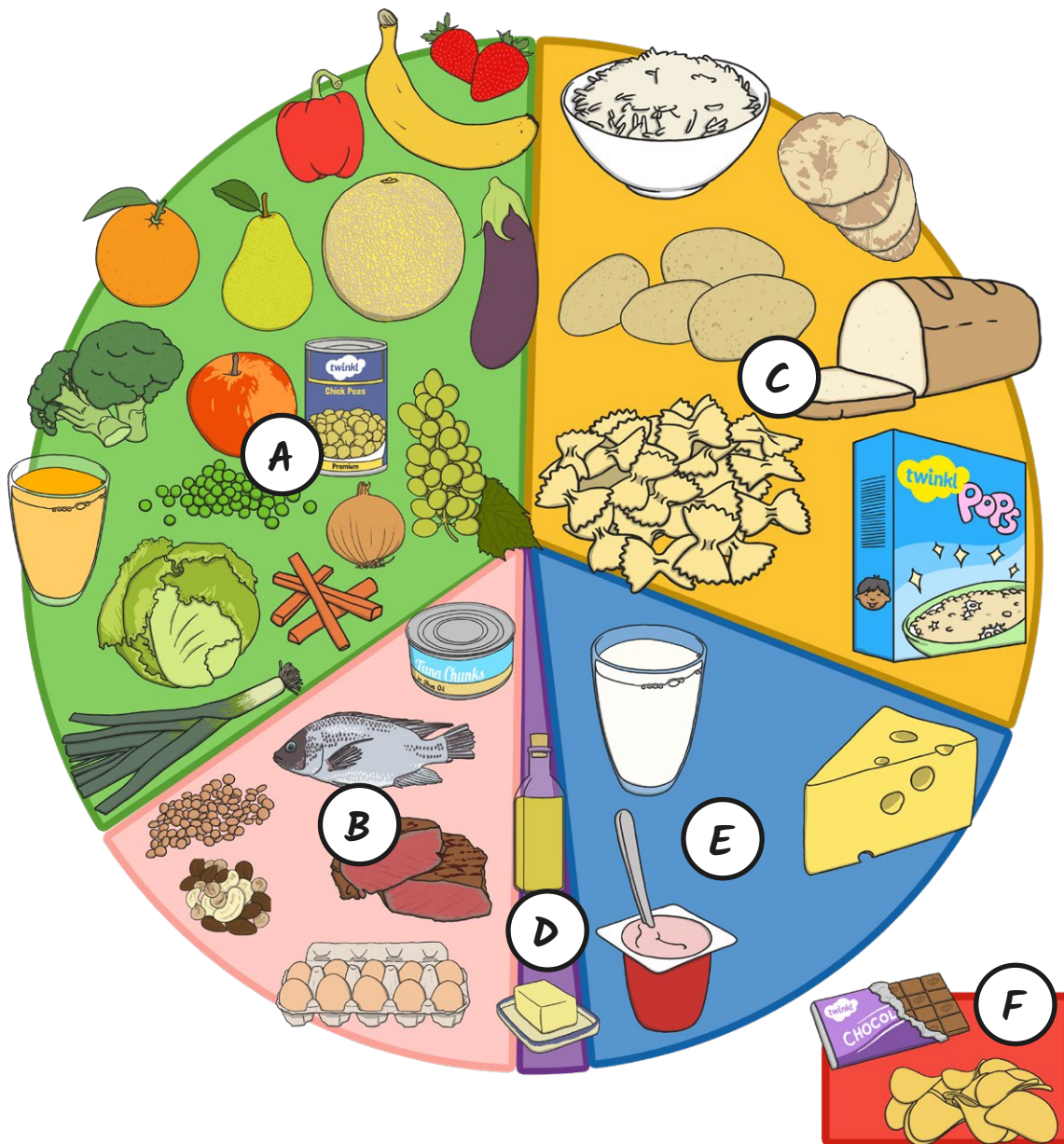
bread, rice, potatoes, pasta and other starchy foods

oil and spreads

milk and dairy products

food and drinks high in fat and / or sugar

Food Groups Answers



- A) fruits and vegetables
- B) meat, fish, eggs, beans and other non-dairy sources of protein
- C) bread, rice, potatoes, pasta and other starchy foods
- D) oil and spreads
- E) milk and dairy products
- F) food and drinks high in fat and / or sugar