



Grade 1 Activity:

Foods that make you healthy



Activity 2 : Draw a line from the sentence on the left to the correct food group on the right.

The protein in these foods help us build our bodies.



These foods make our bones stronger.



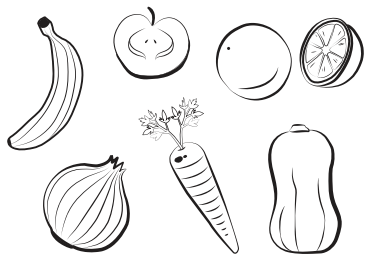
The vitamins and minerals in these foods help us fight infections.



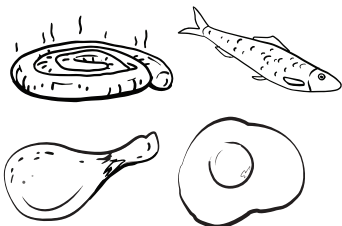
These foods give us energy.




Fruits and vegetables



Meat and eggs



Dairy



Starch

