

Food Flash Cards

Cut out these cards.

Which food group does each food item belong to? How can each food item help our bodies stay healthy?



cherries



pasta



pepper



chicken



oranges



bread



eggs



broccoli



milk



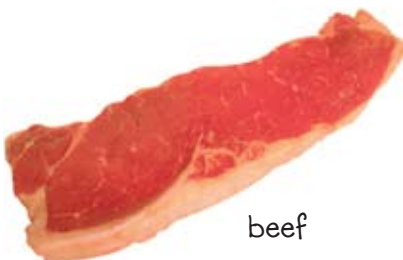
rice



nuts



tuna



beef



onion



cheese