



# FOUR FOOD GROUPS

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# FIRST FOOD GROUP:

- Fruit and vegetables group.



This foods helps keep you healthy. It helps your eyes and skin. It is good for your teeth, too.

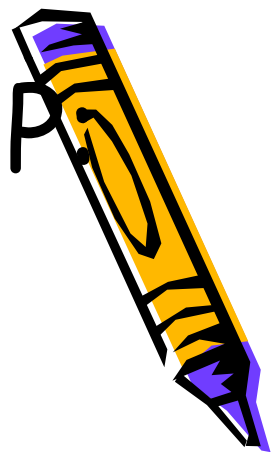


# SECOND FOOD GROUP

- Meat group.



Fish and eggs are in this food group. Chicken and turkey are in it too. All this food helps you grow and be strong. You need eating it twice a day.

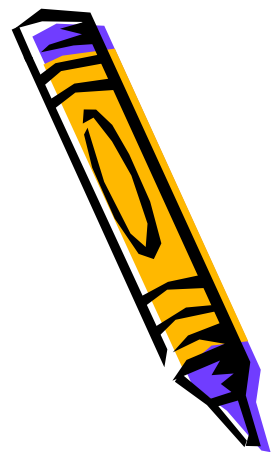


# THIRD FOOD GROUP:

- Milk group.



Food in the milk group helps your teeth and bones stay healthy. You need two to three cups of milk each day. People call it “dairy products”.



# FOUR FOOD GROUP:

- Bread and cereal group



Food in the bread and cereal group is made from plants called “grains”. Grains help give you energy. You can choose grain food you like.



THANK YOU FOR  
WATCHING!!!

