

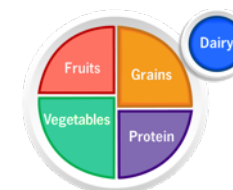
# Chef Solus - Exploring Food Groups

Identify the Food Groups found in each of the Combination Foods

Combination food	Grains Group	Milk Group	Vegetable Group	Fruit Group	Meat Group	other group
Lasagna	X	X			X	
Bean Burrito	X				X	maybe sour cream
Ham-Cheese sandwich	X	X			X	mayonnaise
Smoothie		X		X		
Sausage pizza	X	X			X	
Cheeseburger	X	X			X	
Peanut butter and jelly sandwich	X				X	
Macaroni and cheese	X	X				
Chicken noodle soup	X				X	



The fun way to learn about nutrition.



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