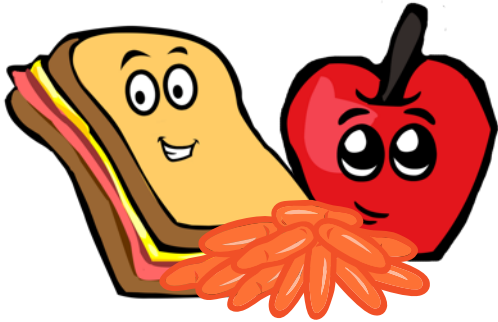


Finding the Food Groups



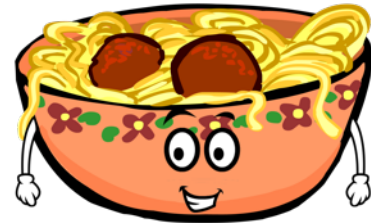
Combination Food have more than one Food Group.
Help the explorers find all the food groups in each of these dishes. Write your answers below the food

Ham and cheese sandwich lunch



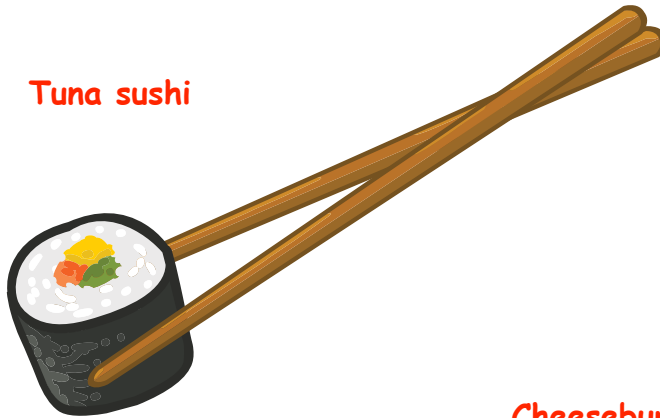
grains, vegetables, fruit,
milk and protein

Spaghetti and meatball



grains and protein

Tuna sushi



grains and protein

Beef tacos

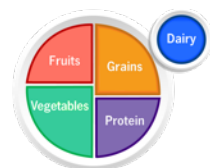


grains, vegetables and
protein

Cheeseburger



grains, vegetables, milk
and protein



Visit www.ChefSolus.com for printable worksheets for kids, nutrition education games, puzzles, activities and more!

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