

Fruit:

- can be fresh, canned or dried
- apple, pear, orange

Grain:

- food is usually made from oats, wheat and barley
- bread, noodles, cereal

Food groups

Vegetables:

- roots, stems or leaves of certain plants
- carrots, lettuce, potatoes

Protein:

- chicken, hamburger, egg, beans

Dairy:

- food is made from cow or soy milk
- yogurt, cheese, milk