

Food groups - quiz

Underline or highlight the correct answer

			
☐ Bread ☐ Beans ☐ Meat	☐ Bread ☐ Eggs ☐ Cheese	☐ Bread ☐ Poultry ☐ Oil	☐ Beans ☐ Bread ☐ Cereal
			
☐ Milk ☐ Yogurt ☐ Cheese	☐ Meat ☐ Fish ☐ Eggs	☐ Fruits ☐ Vegetables ☐ Salads	☐ Cheese ☐ Milk ☐ Yogurt
			
☐ Fruits ☐ Milk ☐ Beans	☐ Beans ☐ Milk ☐ Cheese	☐ Bread ☐ Beans ☐ Protein	☐ Meat ☐ Fish ☐ Eggs
			
☐ Fruits ☐ Vegetables ☐ Cereal	☐ Milk ☐ Oil ☐ Yogurt	☐ Milk ☐ Oil ☐ Fat	☐ Cereal ☐ Milk ☐ Beans