



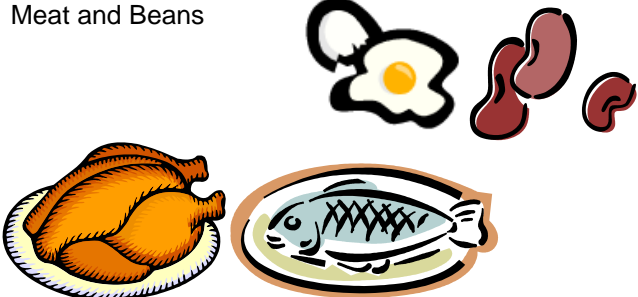

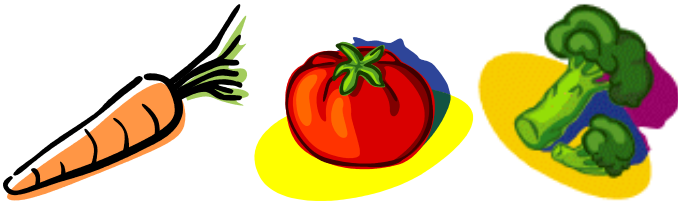






Food Groups and How They Help Our Body

Food Group	How it helps the Body	
<p>Grains: Breads, cereals, rice, and pasta</p> 	<p>Go Foods</p> <p>Provides energy For movement, running, jumping, playing</p>	<p>Physical activity</p> 
<p>Milk</p> 	<p>Grow Foods</p> <p>Helps grow and repair bones and teeth</p>	<p>Bones and teeth</p> 
<p>Meat and Beans</p> 	<p>Grow Foods</p> <p>Helps grow and repair muscles</p>	<p>Muscles and growing</p> 
<p>Vegetables</p> 	<p>Glow Foods</p> <p>Healthy skin, shiny hair and sparkly eyes</p>	<p>Healthy skin, hair and eyes</p> 
<p>Fruit</p> 		
<p>Oils</p> 	<p>Provides energy</p> <p>Needed for healthy skin</p>	<p><i>Healthy skin and energy for physical activity</i></p> 