

Our parents plan our meals so that we eat foods from each group. That way we learn to enjoy many different kinds of

foods. Below are three meals that you might eat which have foods taken from each group.

Read these.

cereal
milk

Breakfast
egg
orange

toast
butter

bread
butter
meat

Lunch
carrot sticks
apple

milk
cookies

potatoes
peas
carrots

Supper
chicken
bread
butter

beet pickles
cherry cobbler
milk

Did each meal have some food from each group? **Now fill in the boxes below with food for each meal. Be sure to choose foods from each group. Do not copy the meals from above. Plan your own meals.**

Breakfast

Lunch

Supper