

name: _____

class: _____

date: _____

Exploring Food Groups



Every day, people eat various foods that are divided into _____ to meet their nutritional needs. These categories are known as food _____. The first group includes _____, which are rich in vitamins and fiber. Vegetables, another essential group, provide vitamins, minerals, and _____. Grains, divided into whole and refined, are a primary source of _____. Proteins, found in meat, beans, and nuts, are crucial for _____ repair and growth. Dairy products like milk and cheese are important for _____ health due to their high calcium content. Each of these groups plays a unique role in maintaining a _____ diet. Consuming a variety of foods from all groups ensures that the body gets a wide range of _____. However, it's important to moderate the intake of _____ and fats, which are not considered separate food groups but are present in many _____. A healthy diet emphasizes whole grains over refined ones, leans _____, and plenty of fruits and vegetables. By understanding the role of each food _____, individuals can make informed choices about their _____ habits, leading to better health and well-being.

energy muscle sugars eating proteins fruits balanced
antioxidants groups bone group categories nutrients foods