

● **Look and label each picture.**

Grains

pasta

rice

bread

Protein

fish

chicken

beef

Vegetables

carrots

peppers

tomatoes

Fruits

bananas

grapes

apples

Dairy

milk

yogurt

cheese

**1 Grains**








**2 Protein**








**3 Vegetables**








**4 Fruits**





**5 Dairy**

