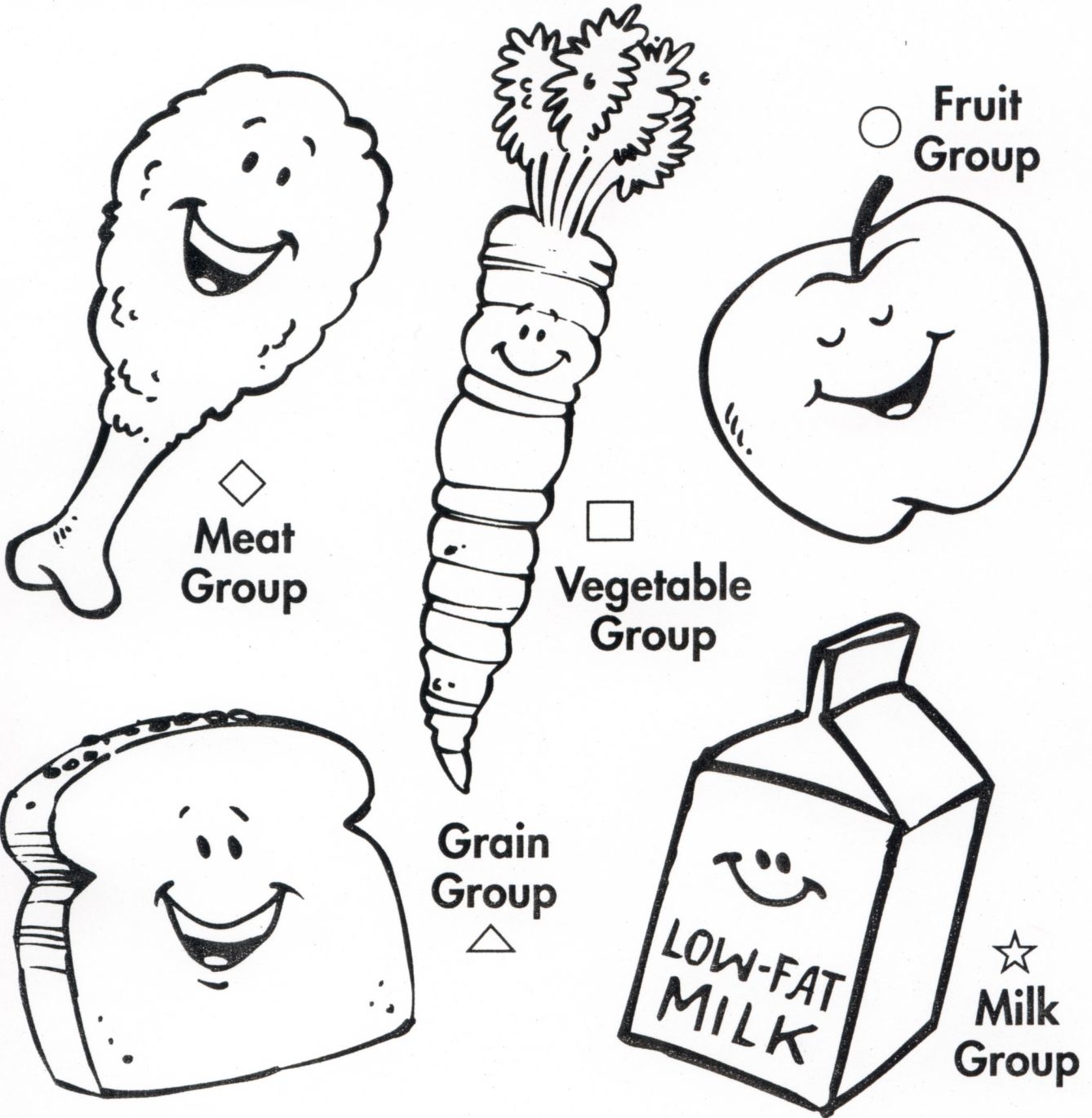


Eating food from the 5 food groups every day is the best way to give your body the vitamins, minerals, and nutrients it needs to stay strong and healthy.



Color these foods from each of the 5 groups.

- ☆ = Blue
- = Red
- = Orange
- ◇ = Yellow
- △ = Brown