FOOD FROM THE FARM
In this activity your young learner will identify the different food groups.

Do you know what food groups each of these foods belong to?
Cut out each box of food. Paste it in the correct food group on the plate.

- FRUITS
- VEGETABLES
- GRAINS
- PROTEIN
- DAIRY

ENRICHMENT ACTIVITY:
Explore your kitchen and see which of the food groups you have.

This My American Farm Activity Sheet supports the concepts shared by the USDA's Choose My Plate! Visit www.choosemyplate.gov for more information.