

# What Food Group Am I?

(Cut cards apart.)

## Clue Card 1

Foods in my group supply the B vitamins that are important in keeping your blood, skin, and nervous system healthy. My foods are naturally low in fat and high in carbohydrates that provide you an important source of energy. These foods provide fiber and help with digestion.

What food group am I?

## Clue Card 2

My foods can be eaten raw, cooked, or consumed as juice. They are the main source of vitamin A, which is important for healthy skin and eyes. Foods in my group are naturally low in fat and provide a good source of fiber.

What food group am I?

## Clue Card 3

My foods provide the main source of vitamin C, which helps your body heal and grow new cells. My foods are a good source of fiber, can be eaten whole, and are often consumed as juice. These foods can also be dried and eaten as tasty snacks.

What food group am I?

## Clue Card 4

My foods are rich in calcium, which helps keep muscles and nerves working properly. Vitamin D is often added to my foods to help your body absorb my calcium and to build and maintain strong bones and teeth. Foods from this group come from animals.

What food group am I?

## Clue Card 5

Foods in this group come from both animals and plants. You need my foods to build strong muscles, repair and build new body tissue, and keep skin, hair, and nails healthy. Some foods in this group can be high in fat, so be sure to make low fat choices!

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