## the four food groups







## the four food groups



## banana <br> (vegetables and fruit)


orange juice
(vegetables and fruit)



## carrots

(vegetables and fruit)

## the four food groups

## (4)

## milk <br> (milk products)


ice cream
(milk products)


## chocolate milk

(milk products)

# cheese <br> (milk products) 

## the four food groups




peanut butter
(meat and alternatives)


egg
(meat and alternatives)

