



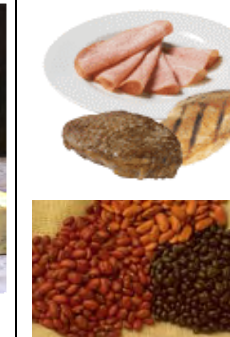



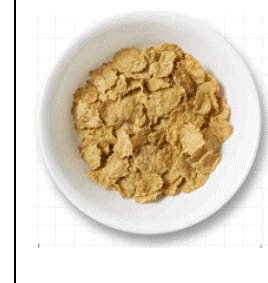


# Vocabulary

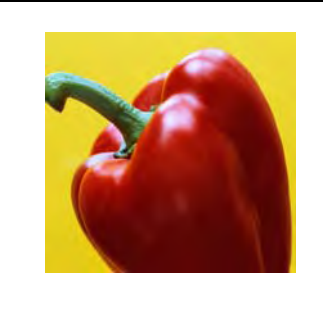


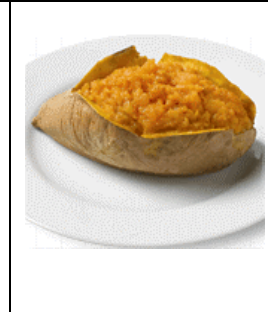
## Food Groups

				
grains	vegetables	fruits	milk and milk products	meats and beans





## Examples of Food in the Grains Group

			
a bowl of popcorn	a piece of cornbread	pasta and rice	a bowl of cereal





## Examples of Food in the Vegetables Group

			
a sweet pepper sweet peppers	broccoli	lettuce	a baked sweet potato






### Examples of Food in the Fruits Group

			
a melon melons	a blueberry blueberries	a strawberry strawberries	an apple apples

### Examples of Food in the Milk Group

			
milk a glass of milk	cheese 2 slices of cheese	ice cream a dish of ice cream	creamy soup (soup made with milk or cream)

### Examples of Food in the Meat and Beans Group

				
lentil soup a bowl of lentil soup	chicken a piece of chicken	pork a pork chop	nuts some mixed nuts	salmon a piece of salmon