Food Groups Sorting

Either write the names of each food or draw the pictures. When you have finished count how many items there are in each column.

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| --- | --- | --- | --- | --- |
| Fruit & Vegetables | Dairy | Meat, eggs, nuts & pulses | Grains | Sugars & fats |
|  |  |  |  |  |
|  |  |  |  |  |