

Food Groups Sort

Objective:

Students sort foods into food groups.

Materials:

Food cards (pages 2-4)

Set up:

Cut the cards on the dotted lines.

How to play:

Students sort the cards into 4 basic groups.

For this activity, students can work on the floor, or at a large, empty table.

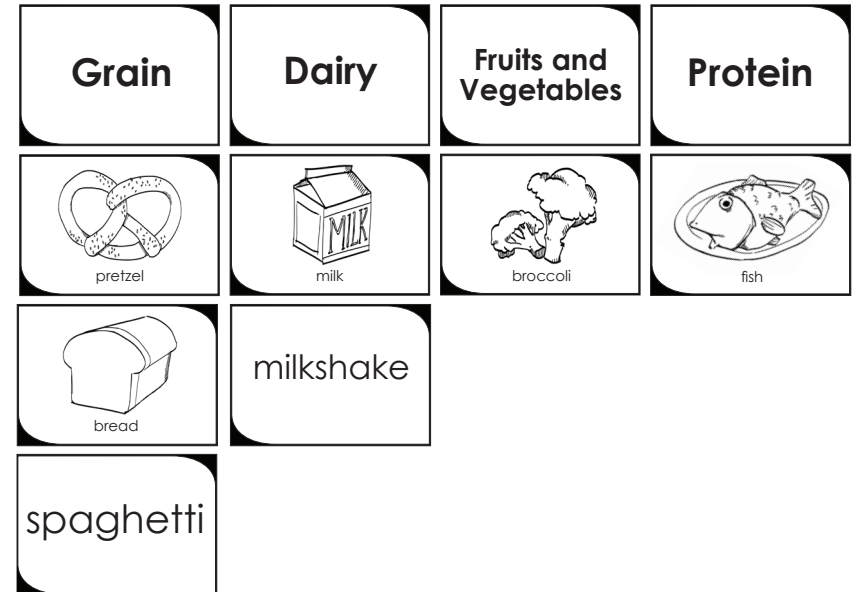
Students place the category cards at the top, and make a column of food cards below each category.

grain: bread, pretzel, spaghetti, muffin, bagel

dairy: milk, yogurt, cheese, ice cream, milkshake

fruits and vegetables: banana, apple, broccoli, celery, orange, potato, grapes

protein: fish, turkey, chicken, eggs, steak, hot dog





Grain

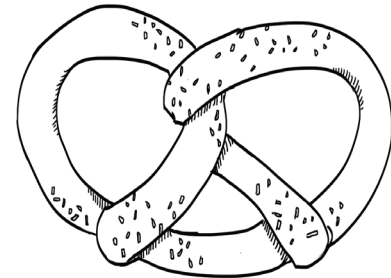
Dairy

**Fruits and
Vegetables**

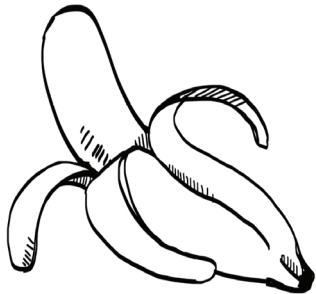
Protein



milk



pretzel



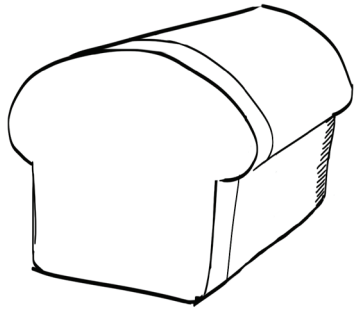
banana



turkey



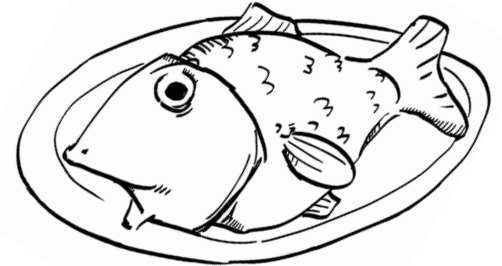
broccoli



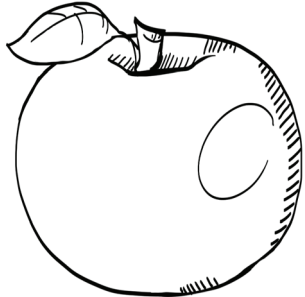
bread



yogurt



fish



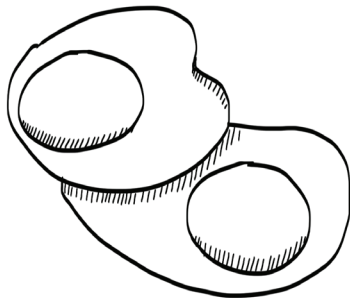
apple



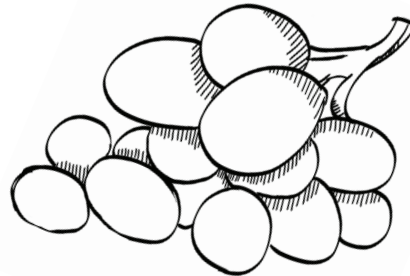
muffin



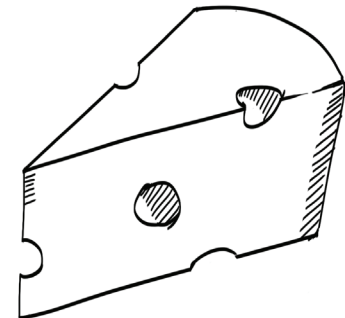
ice cream



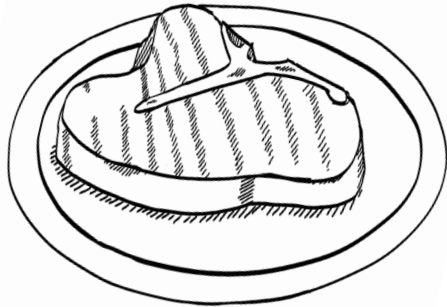
eggs



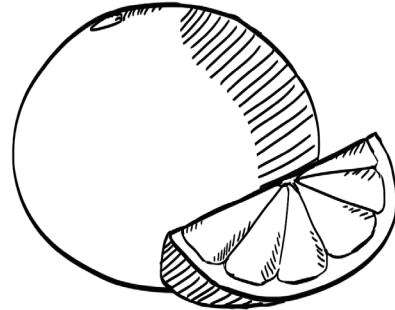
grapes



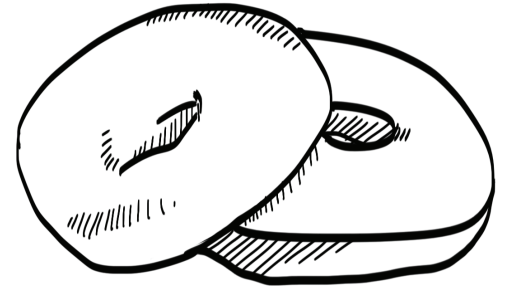
cheese



steak



orange



bagel

potato

spaghetti

chicken

milkshake

celery

hot dog