



► Some combination foods, like cheeseburgers, contain more than one food group.

Pizza is another good example:

Pizza

Crust Grain Products

Cheese Milk Products

Tomatoes, peppers, mushrooms Vegetables & Fruit

Pepperoni Meat & Alternatives

► Write in the food groups found in the following foods.

Do the same with one of your favourite combination foods.

Falafel

Chick peas Meat & Alternatives

Pita bread Grain Products

Alfalfa sprouts Vegetables & Fruit

Plain yogurt Milk Products

Spaghetti with meat sauce

Meat in sauce Meat & Alternatives

Tomato in sauce Vegetables & Fruit

Parmesan cheese Milk Products

Noodles Grain Products

Your favourite:
