

# Chef Solus and the Explorers Introduce The Food Groups

## Grains Group

Grains are foods like cereal, bread, spaghetti, rice and crackers. Grains give you energy.

Try to make half of your servings **whole** grains. You can tell if something is a whole grain because the name usually has the word “**whole**” in it.



## Vegetables Group

Vegetables are foods like broccoli, carrots, green beans, potatoes, spinach, and corn.

Vegetables help keep you healthy and feeling good.

You should try to eat at least one dark green vegetable or one orange vegetable each day.

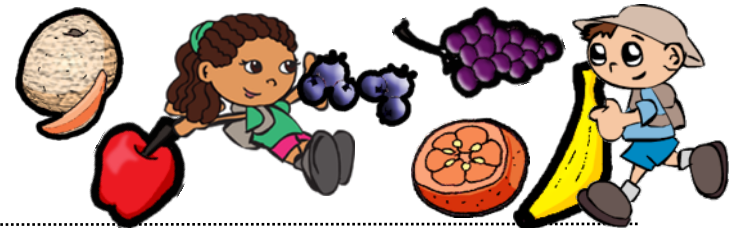


## Fruit Group

Some fruits are apples, pears, cantaloupe melon, watermelon, grapes, and blueberries.

Fruits fight off infections and help you heal when you get hurt.

Fruits are a tasty snack to eat every day.



## Milk Group

The milk group includes foods like milk, yogurt, cheese, ice cream and pudding.

Foods from the milk group have calcium, which helps to grow strong bones and healthy teeth.



## Meat & Beans Group

The meats and beans group includes foods like hamburgers, chicken, fish, eggs, beans and nuts.

Foods from the meat and beans group are full of protein to help you build strong muscles.

Try to eat leaner, less fatty meats to keep your heart healthy.

