

Name: _____

Class: _____

Fill in the blanks:

Fill in the blanks to complete each sentence about our food groups.

1. A pineapple is a _____ (fruit/vegetable).
2. Rice and wheat are called _____ (grains/dairy).
3. We get milk from _____ (plants/animals).
4. Carrots and tomatoes are _____ (vegetables/fruits).
5. Fish and eggs are good sources of _____
(proteins/sweets).
6. Curd is a good source of protein and _____
(calcium/carbohydrates).
7. We eat meat to get good amount of _____
(protein/calcium).