

The Five Major Food Groups

Directions: The five major food groups are listed below. By using the Visual Thesaurus, fill in the blank following each food group title with the definition that you find that best fits the context of the USDA “MyPyramid” graphic (http://teamnutrition.usda.gov/Resources/mpk_poster.pdf).

1. Grain:

2. Vegetable:

3. Fruit:

4. Milk (look up “dairy product” on the VT):

5. Meat:

& Bean: _____
