

Activity: Food Group

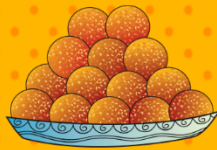
Resources:

Pictures of foods from different food groups

How to perform:

Teachers to ask students about the different food groups

Ask students to identify the foods from each food group with the help of the pictures



LADDU
(SWEET)



SPINACH



APPLE



BUTTER



Yogurt/
Curd

YOGURT/
CURD

Which 2 foods belong to the milk and dairy foods group?

Learning outcome: Identify foods from each food group