Name _____

The Fantastic Five: Exploring the Magic of Food Groups for a Healthy Diet

Short Answer

1. Name one vitamin found in fruits and its benefit for the body.

2. How do whole grains differ from refined grains, and why are they a healthier choice?

3. List three sources of protein that are suitable for vegetarians.

4. Explain why calcium is crucial for the body and which food group is a good source of it.

5. Give an example of a dairy product other than milk, cheese, or yogurt.

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