

Name \_\_\_\_\_

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

### Short Answer Key

1. One possible answer: Vitamin C found in fruits helps boost the immune system.
2. Whole grains contain more fiber and nutrients compared to refined grains, making them a healthier choice.
3. Three possible answers: Beans, tofu, nuts.
4. Calcium is crucial for strong bones and teeth. Dairy is a good source of calcium.
5. One possible answer: Butter.

