

The Five Fabulous Food Groups Video Lesson Worksheet

Grade 5

Watch the video **The Five Fabulous Food Groups**.

Answer the following questions while you are watching the video:

1. Name at least 5 fruits that grow in your community. Which is your favorite?

2. Name 2 grains you eat.

3. List all the vegetables you can think of that you have eaten. Name 2 vegetables you have not eaten but would like to try.

4. What is your favorite meat to eat? What food group do meats go into?

5. What do you eat from the dairy food group?

6. Share your answers from #3 with your classmates when the video is finished. Make a list on the blackboard of all the vegetables identified. How many vegetables were you able to come up with as a class?