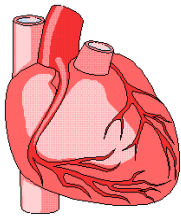


Nutrition for Outside School Hours Care • another NAQ Nutrition program

Connect the body part pictures with the right name by drawing a line between the 2 that match.



Muscles

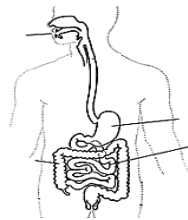
Digestive System

Bones

Heart

Brain

Teeth



What Food Group do these foods and drinks belong to?

Fill in the missing letters to find out



V _ G _ TABL _ S



M _ _ K, Y _ GH _ RT,
_ HE _ SE & Alternatives



G _ AI _ _ S



M _ _ T, POULTRY,
F _ _ H, _ GGS, N _ TS
LEG _ _ ES



F _ _ IT

REMEMBER! Eat lots of different foods every day for a healthy body