

# Food groups

Fruit is delicious  
And good for you  
A banana is a fruit  
And an apple is, too!

Vegetables are delicious  
And good for you  
A carrot is a vegetable  
And a tomato is, too!

Milk products are delicious  
And good for you  
Cheese is a milk product  
And yoghurt is, too!

Meat is delicious  
And good for you  
Chicken is meat  
And ham is, too!