

# Five Food Group Soup

Help Hap make a healthy new soup. Eating healthy means eating a variety of foods, and eating less of some foods and more of others. Draw each ingredient inside the pot.



## Vegetables (pick 2)

lettuce

broccoli

corn

potatoes

carrots

peas



## Protein (pick 1)

beans

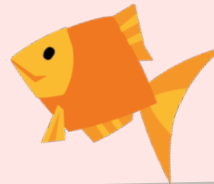
eggs

beef

ham

nuts

seeds



## Fruits (pick 1)

apples

bananas

pears

berries

melons

peaches



## Grains (pick 2)

bread

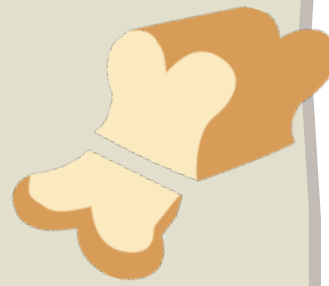
cereal

oatmeal

rice

tortillas

pasta



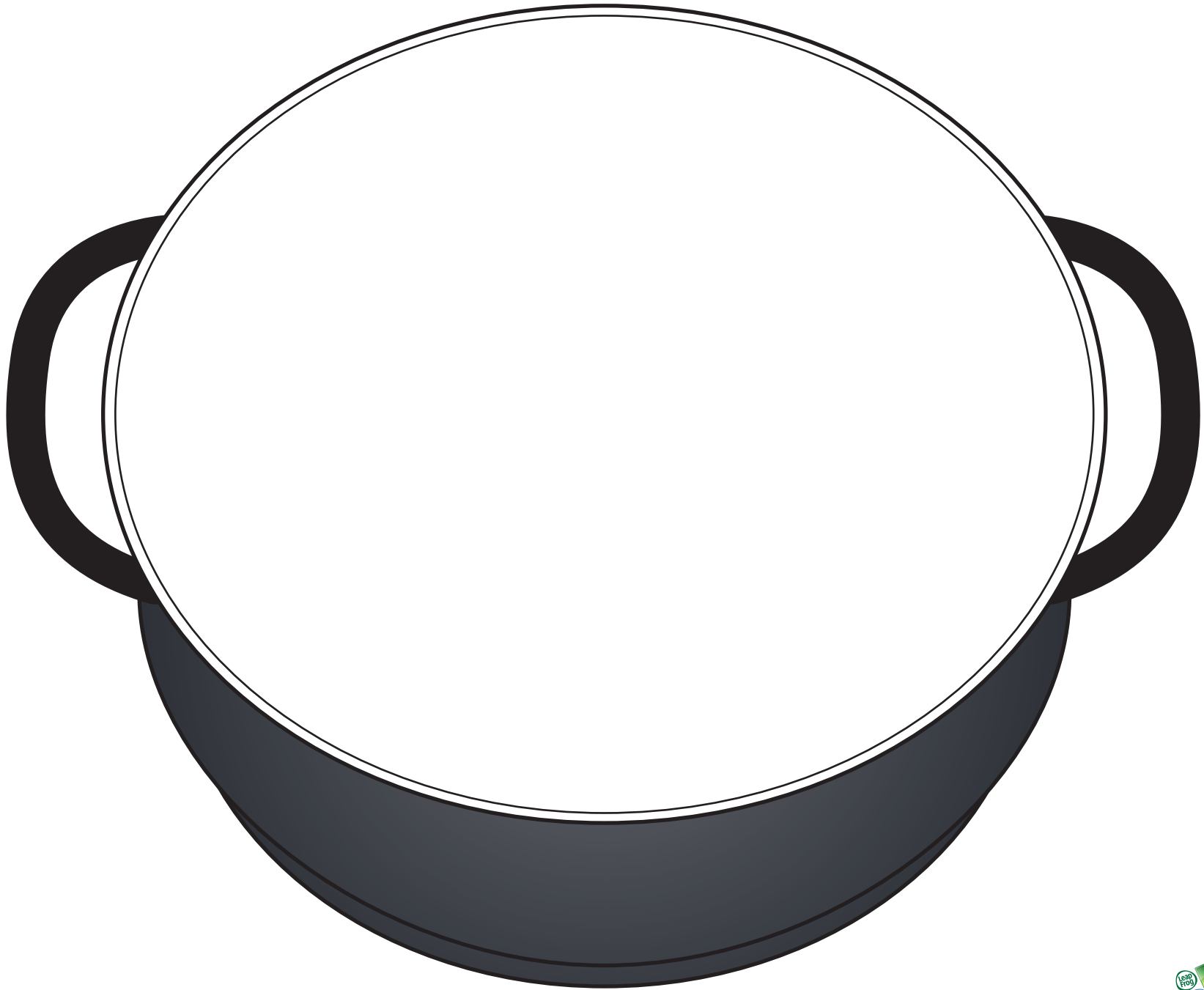
## Dairy (pick 1)

milk

cheese

yogurt





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