

- **Shrimp**
- I have protein which builds muscle.
- Chicken and beans are in the same food group with me.

- **Oatmeal**
- I give your body energy.
- Bread and crackers are in the same food group with me.

- **Broccoli**
- I keep your body healthy and aid in healing.
- Carrots and lettuce are in the same food group with me.

- **Peach**

- I keep you healthy and aid in healing.
- Apples and bananas are in the same food group with me.

- **Cottage Cheese**

- I help strengthen your bones.
- Yogurt and milk are in the same food group with me.



**Broccoli**



**Peach**



**Oatmeal**



**Cottage Cheese**



**Shrimp**