

Who Am I? The Meat & Beans Group

We are the meat and beans food group. Can you guess our name? It is best to eat different types of protein. Eat proteins like soy beans, nuts, seeds and lean meats! Keep your muscles strong with healthy proteins!



Draw a line from the meat, nuts, seeds and bean food to the name. Color the page when you are done!

The items and names are:

- egg
- sausage
- walnut
- crab
- lamb
- beans
- ham
- trout
- chicken
- steak
- peanut butter
- salmon
- soy beans

The connections shown are:

- egg - salmon
- sausage - ham
- walnut - nut
- crab - crab
- lamb - lamb
- beans - beans
- ham - ham
- trout - trout
- chicken - chicken
- steak - steak
- peanut butter - peanut butter
- salmon - salmon
- soy beans - soy beans