

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!



egg

sausage

walnut

crab

lamb

beans

ham

trout

chicken

steak

peanut butter

salmon

soy beans

