

## Different food groups

We need food to live to grow and we can divide it into 3 groups:-

### Energy-giving food

Some food gives us energy to work and play:-



rice



bread

butter



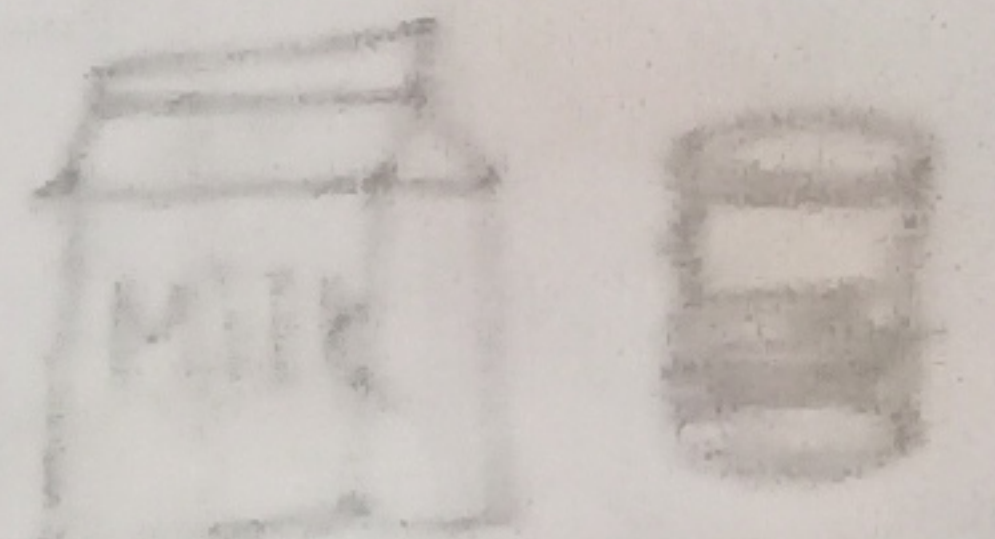
chapati

### Body grow food

Some food helps us our bones and muscles strong:-



egg



milk



Fish



meat

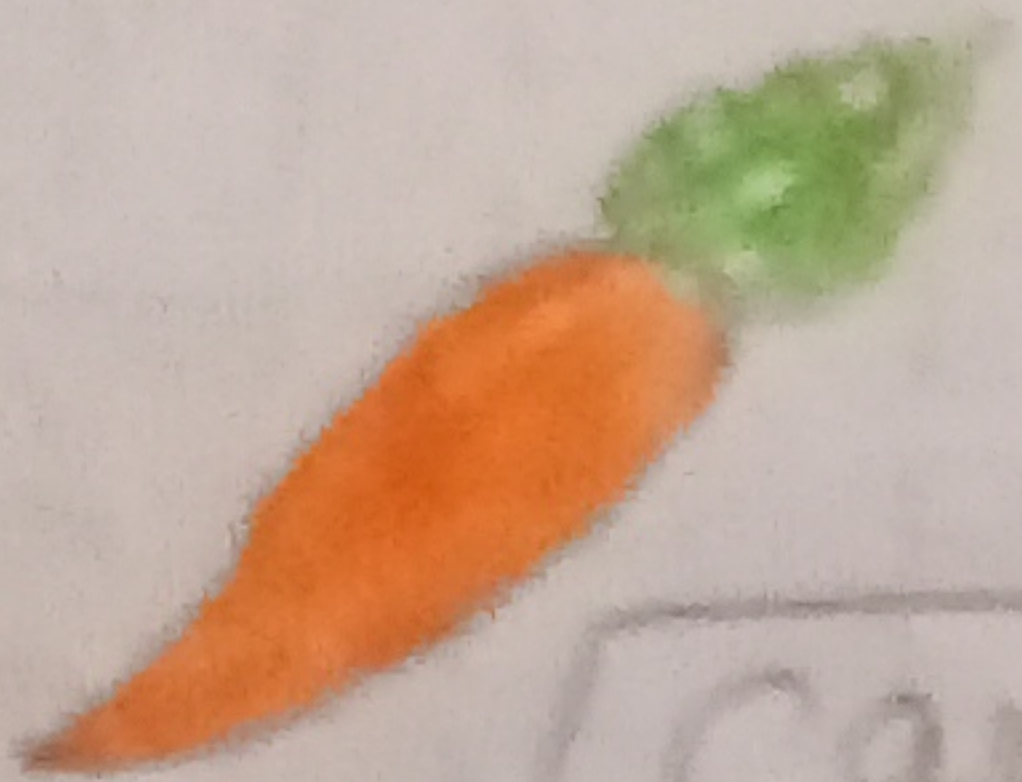


Pulses

healthy  
bread  
rice  
butter  
disease  
vegetable  
breakfast  
chicken  
dinner  
sugar

# Protective food

Some food protects us from diseases and help us to be healthy.



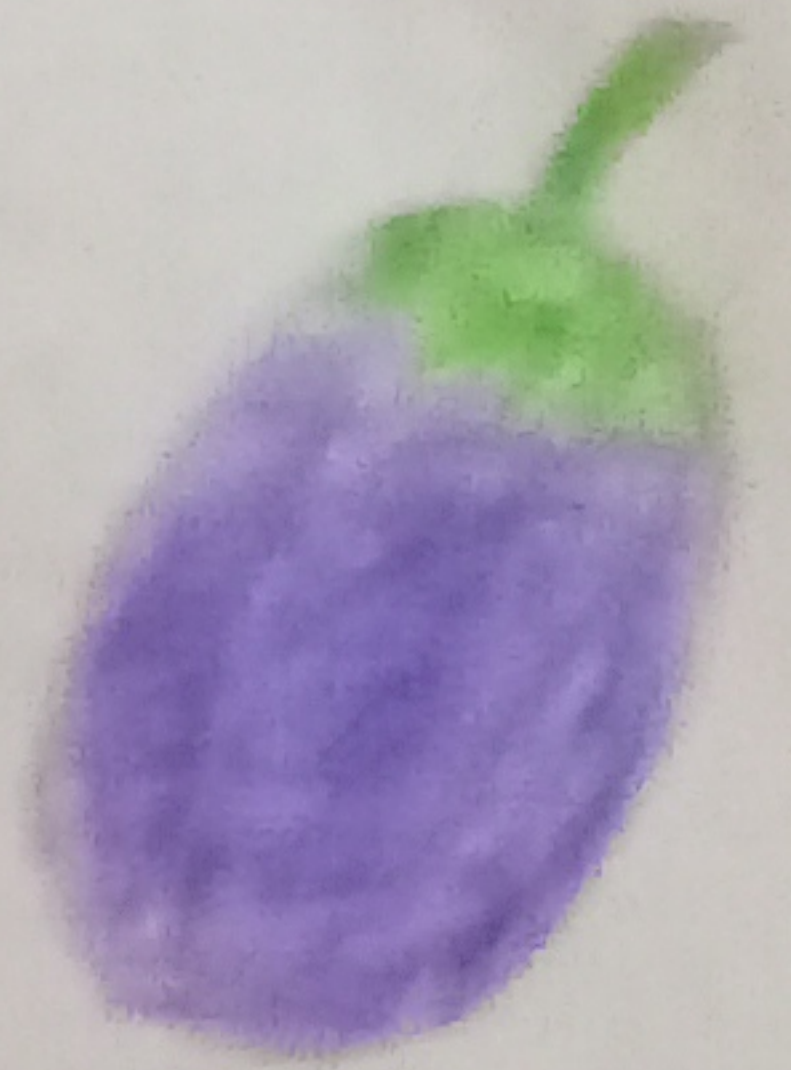
Carrot



Tomato



Spinach



Brinjal



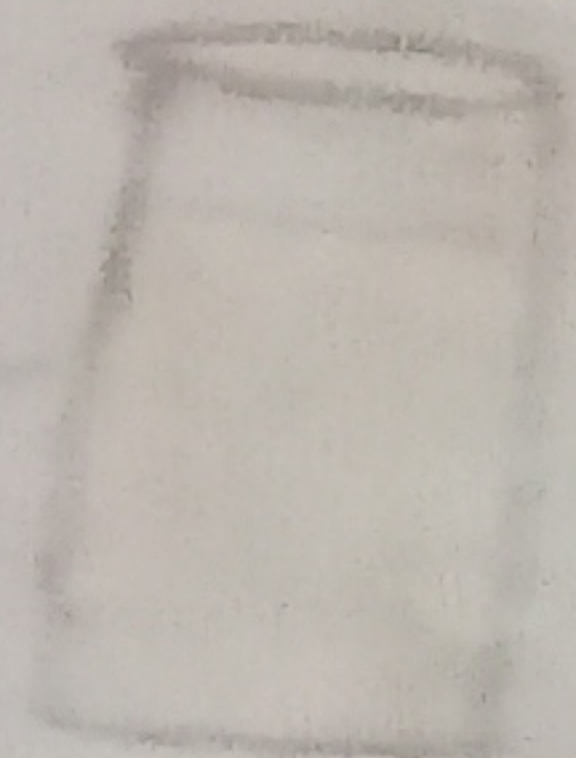
Strawberry



Mango



Apple



Milk



Banana

carrot  
brinjal  
cauliflower  
cucumber  
potato  
vegetable