

# The 5 Food Groups: Fats and Oils



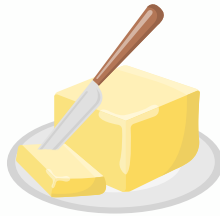
## 2nd grade: Food and Nutrition

Learn the foods in each food group.

Draw a heart around your favorite.



Olive oil



Margarine



Avocado



Sunflower oil



Butter



Peanut oil



Coconut oil



Flaxseed oil



Walnuts



Sesame oil