Food Group Sorting Mat

Ages 4–9 · Name: _____

How to use

Before playing, draw a small picture in each zone so non-readers have a cue: a leaf (Vegetables), an apple (Fruits), an egg (Protein Foods), a cup of milk (Dairy), a bowl of oats (Whole Grains) and an avocado (Healthy Fats). An adult reads the zone names aloud for children who can't read yet.

Place a food card in the zone where you think it belongs. Say the food's name and its group out loud.

Some foods fit in two groups. Put them on the line between two zones, or in either zone, and explain why.

Vegetables

Leaves, roots, stems and flowers. Beans, peas and lentils too!

Fruits

The part of a plant that holds seeds. Fresh, frozen, canned or dried.

Protein Foods

Eggs, fish, chicken, beans, lentils, tofu, nuts and seeds.

Dairy

Foods made from milk: milk, yogurt and cheese.

Whole Grains

Grains with every part of the seed: oats, brown rice, whole wheat.

Healthy Fats

Avocados, olives, nuts, seeds and olive oil.

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