

Make two-sided copies onto card stock, matching each card front page with the card back page. If you're not using a color printer, color the title block on each card front: Grain group (orange), Vegetable group (green), Fruit group (red), Milk group (blue), and Meat & Bean group (purple). Cut out the cards and laminate for longer use.

**Front of Cards**

**Meat/Beans Group**



**DRIED BEANS**

**Meat/Beans Group**



**EGGS**

**Meat/Beans Group**



**FISH**

**Meat/Beans Group**



**GROUND BEEF**

**Meat/Beans Group**



**HAM**

**Meat/Beans Group**



**NUTS**

**Meat/Beans Group**



**PEANUT BUTTER**

**Meat/Beans Group**



**PORK CHOP**

**Meat/Beans Group**



**SAUSAGE**

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### Front of Cards

#### Meat/Beans Group



**TOFU**

#### Meat/Beans Group



**TUNA**

#### Meat/Beans Group



**CHICKEN**