

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

Milk Group



STRING CHEESE

Milk Group



YOGURT

Milk Group



CHEESE

Milk Group



ICE CREAM

Milk Group



COTTAGE CHEESE

Milk Group



MILK

Milk Group



Milk Group



Milk Group

