



The Caribbean Food Groups

**General Instructions:**

Read each statement carefully. Then answer the questions that follow, using complete sentences.

1. The Caribbean has a specific number of food groups. Each food group has its own special nutrients. How many food groups are there in the Caribbean? Give three examples of each food group.

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2. For each of the food groups, name three foods and identify the nutrients contained in each food.

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3. Some food groups are required in higher quantities than others in our diet. Using a table, list the order of requirement, starting with the most required food to the least.

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Use the sheets provided to answer questions 4 & 5.

4. Draw your own food pyramid to represent the food groups in the Caribbean. Make a note of the daily recommended serving that is required for each food group in the correct section of your pyramid.
5. You are told that your grandmother is not eating properly, she is not eating the foods that will benefit her body. Write a letter to your grandmother, telling her the importance of eating nutritious foods.