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Our bodies need lots of energy to keep us going throughout the day.

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And do you know where we get that energy?

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That's right...from the food we eat!

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And all kinds of different people enjoy different kinds of food.

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But whether your favorite meal includes noodles or nectarines, tortillas or tofu, most types

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of food have some of what our bodies need to stay healthy.

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You might already know that we can put different kinds of food into different groups.

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We call these, you guessed it, food groups!

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But let's check out each group, and see what kind of food belongs where!

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Let's start with the fruit group.

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You gotta love sweet, delicious fruit!

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This group includes things like apples and pears, oranges and strawberries.

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Fresh fruit is the best for you, but fruit that's canned or frozen counts, too.

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After all, many fruits are hard to find in the winter, and some fruits only grow in certain

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parts of the world.

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But don't forget about fruit that's been dried!

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Raisins are just dried grapes!

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And prunes are dried-up plums!

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And even juice is part of the fruit group, but only if it's all fruit juice and doesn't

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have added sugar.

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Next comes the grain group.

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Grains are plants, like oats, wheat, and barley.

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If a food is made from one of these plants, or any other grain plant, it belongs here.

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That means things made of flour, like bread and noodles, breakfast foods like oatmeal

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and cereal, and even rice, are all part of this group.

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Next up, the vegetable group.

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I bet you already figured out what goes here!

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Vegetables come from plants, too -- but unlike grains, they're either the roots, stems,

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or leaves of certain plants that we can eat!

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Carrots, for example, are the sweet orange roots of the carrot plant.

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A head of lettuce is just a bunch of crunchy leaves.

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And asparagus is actually a stem of the tasty asparagus plant!

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There are so many kinds of veggies out there, that we can actually split this group into

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smaller groups.

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For example, there are dark green veggies, like spinach.

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Starchy vegetables, like potatoes and sweet potatoes.

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Then, there are red and orange veggies, like beets and carrots, just to name a few.

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Now, what other foods can you think of?

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What about the stuff that's inside your sandwich?

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Meats, like chicken or hamburger, belong to the protein group.

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And so do fish, like tuna, and eggs, made any way you like!

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But not all members of this group come from animals.

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Other foods like beans, peanut butter, and tofu, which is made from soybeans, are full

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of protein, so they're also proud members of the protein group.

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And that leaves us with the last group, dairy.

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If a food is made from cow milk or soy milk, it's in the dairy group.

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So this is where you find things like yogurt, and all kinds of cheeses, as well as your

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usual glass of milk.

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And do you know what else fits in this group?

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Ice cream!

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But that reminds me, sweet treats like candy don't fit into any of our groups.

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That's because they're made of mostly sugar, and don't have any of the things

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that our bodies need to stay healthy.

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So, it's okay to enjoy these foods from time to time ... but just not a lot of the

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time.

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Now, do you think you can put a food into the right group?

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Let's take a tasty food quiz and see how well we know our food groups!

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We'll start with a slice of pineapple.

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What group do you think it goes in?

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Squeaks says the fruit group.

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Good job, Squeaks!

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Yes, pineapple belongs in the fruit group.

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What about this hard boiled egg?

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What group do you think this fits into?

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That's right, the protein group.

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Eggs are a good source of protein.

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Here's one more.

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We'll end our game with a food that fits into two groups: macaroni and cheese.

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Let's look at each part separately.

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The cheese from the mac and cheese fits into the dairy group, because it's made from

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milk.

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But what about the macaroni noodles?

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Well, we learned earlier that noodles are made of flour from grain.

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So, that means the macaroni belongs to the grain group!

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That's right!

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Macaroni and cheese contains foods that are in the dairy group and the grain group.

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Whew!

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All this guessing has made me hungry!

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Hey Squeaks!

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Let's make a snack!

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And remember, the next time you're hungry and head to the pantry or fridge...choose

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something healthy...and see if you can guess what group your food fits into!

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Thanks for joining me us on SciShow Kids.

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Is there something you'd like to learn more about?

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Get some help from a grown up and let us know in the comments below, or send us an email

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at [kids@thescishow.com](mailto:kids@thescishow.com)!

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And we'll see you next time!