

## Team #1

**Fruits** help maintain a healthy body.

They generally have seeds (oranges, apples and berries).

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## Team #2

**Vegetables** help maintain a healthy body. They usually do not have seeds, such as carrots, spinach and broccoli.

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## Team #3

**Grains** (rice, bread, pasta) are high in fiber.

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## Team #4

**Proteins** (fish, meat and beans) build muscles.

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## Team #5

**Dairy** (cheese, milk and yogurt) helps build strong bones.

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