

LO: food groups

Food groups



Starchy foods



Fruit and vegetables



Milk and dairy



Proteins



Fat and sugar

Food groups

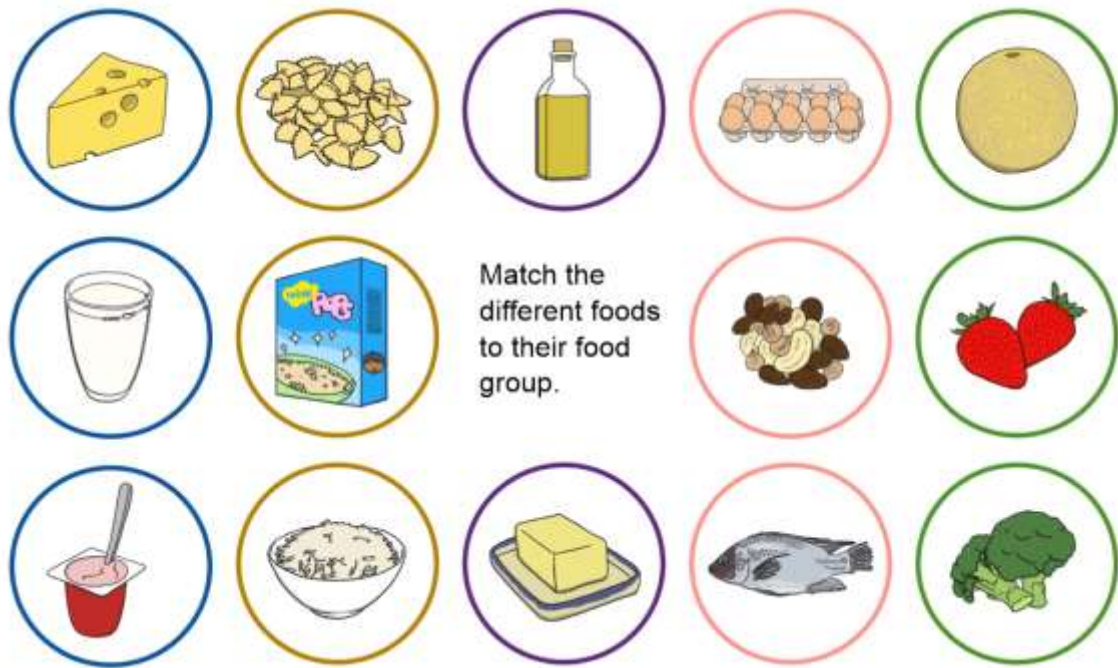


- Starchy foods: provide us with energy.
- Fruit and vegetables: minerals and vitamins to stay healthy.
- Milk and dairy: calcium for healthy bones.
- Fat and sugar: provide energy.
- Proteins: help us to grow.



There is no such thing as an unhealthy food, just an unhealthy diet. Chocolate, crisps, etc are fine as treats. We should try to eat a balanced diet, eating the right amount of foods from each food group.

Activity: Match the foods to their food group.



Add some more foods to each food group.

Activity 2: Create a food diary showing which food groups you are eating at each meal over the next two days. How much of each food group are you eating? Create a bar chart or pictogram to show this data.

food group	tally
starchy foods	
protein	
fruit and vegetables	
milk and dairy	
fat and sugar	