Complete the table with the words in the box.

carbohydrates and fibre	olive oil, seeds, avocados and nuts	antioxidants
dairy products	fruit and vegetables	protein and iron

food groups	what they contain
	protein and calcium
	vitamins, minerals, fibre and
meat, poultry, fish, eggs and pulses	
	healthy fats and oils
bread, pasta, cereals and potatoes	