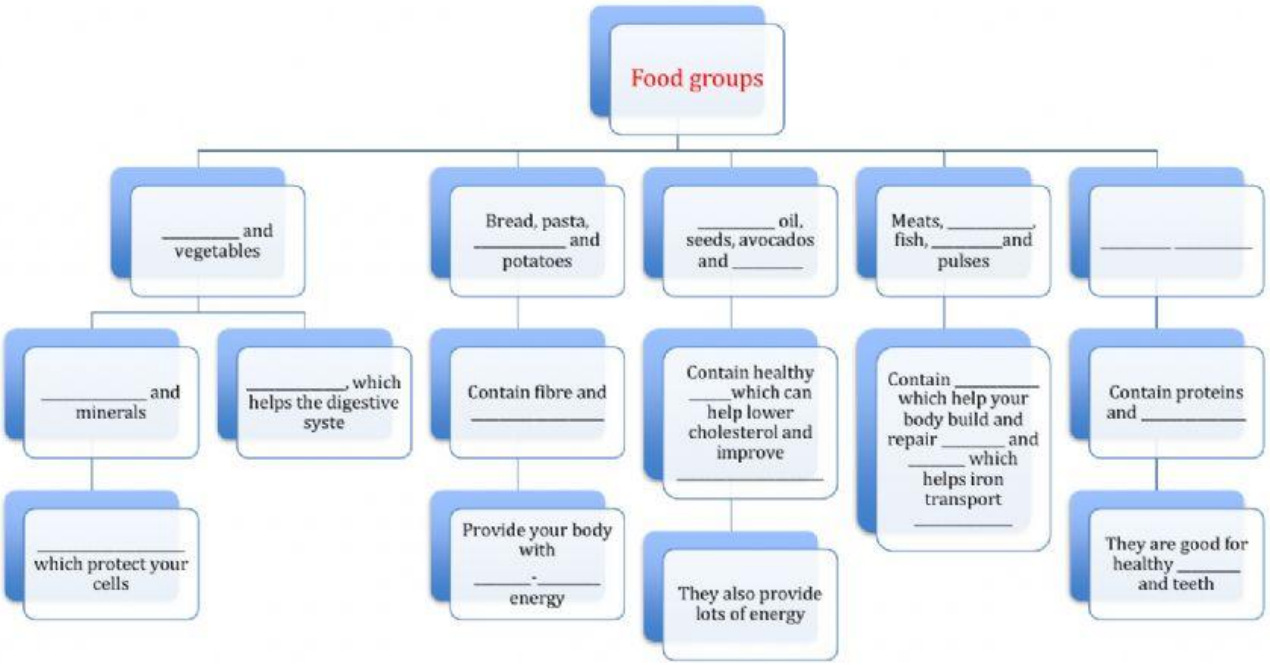
Food groups
_____ and vegetables
Bread, pasta, _____ and potatoes
_____ oil, seeds, avocados and _____
Meats, _____, fish, _____and pulses
_____ _____
_____ and minerals
_____, which helps the digestive syste
Contain fibre and _____
Contain healthy _____which can help lower cholesterol and improve _____
Contain _____ which help your body build and repair _____ and _____ which helps iron transport _____
Contain proteins and _____
_____ which protect your cells
Provide your body with _____-_____ energy
They also provide lots of energy
They are good for healthy _____ and teeth