



Watch the video and fill in the gaps.



Bread, ..., ..., belong to the starchy carbohydrates group.

-Which other foods do you think might belong to this group? -

Some that you might eat regularly are









....., noodles, breakfast ..... and porridge.

These foods give us ..... which we need for everything:







from running outside to pay attention in ..... to breathing.



We can think of .....
as the fuel
that keeps our ..... running.

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Most of the foods in the starchy carbohydrate group are made with ..... such as





Wheat oats and .....

..... are the odd one out.

We put them in this group because they're very high in starch which is a kind of carbohydrate.




Cassava and yams are also in this group for the same reason...

It's a good idea to eat the whole ....., including the .....
because lots of the potatoes ..... are
in or just underneath the .....
And...it's best to choose whole grain options
when we eat ....., ... and pasta.




-Can you guess what is meant by 'wholegrain'? -

When we eat wholegrain food, we are eating the whole grain
or, in other words, the whole seed of the plant.
This means that we get all of its goodness with nothing stripped away.

Foods in the starchy carbohydrate group are our bodies main source of .....
And so it's important to include them in our diet ....

- When do you eat these foods? -



Perhaps you have porridge for .....!
A sandwich made with whole-grain bread at .....!
And a baked potato with your .....!
These are all part of the starchy carbohydrate group.

- Which ones have you eaten recently? -

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