FOOD GROUPS

Healthy=Saludable **Grow=** crecer **Work=**trabajar **muscles=**músculos
Veggies=vegetables **Bones=**Huesos **Strong=**fuerte **Treats=**caprichos

There are 5 food groups. Each food group is a type of food that gives you nutrients that you need to be healthy and for body to grow.



The Cereals Group is the first group. It includes things like potatoes, bread, rice, pasta and bread. These foods gives us energy to work and play.

The Fruit &Vegetables Group is the second group. You should eat a lot of these every day. Eat onions, bananas, pears, carrots and peas! They contain lot of vitamins. Different colours of fruit and veggies have different nutrients, so try different colours during the day.

The next group is **the Dairy Group**. It is made up of milk, cheese, yogurt, cream and other delicious proteins. These have lots of calcium and protein to help you grow. They make your muscles and bones strong.

The Meat & Fish Group includes not just meat and fish, but also things like nuts, beans and eggs. These things have a lot of minerals and more proteins to help you grow.

The final group is **the Fats and Sweets Group**. These are sweets and treats that we love to eat. They may taste good, but they do not have very much nutrition for us.

It is important to eat the right amount of foods from ALL of the food groups. Most of your food should come from the Cereals Group and Fruit & Vegetables Group. Do not just eat one kind of food, and DON'T EAT TOO MANY SWEETS!

True (T) or False (F)? Correct the false sentences.

- There are six food groups.
  F — There are five food groups.
- The first group gives us energy to work and play.
  ☐
- We should eat fruit and vegetables one time a week.
  ☐
- Different colours of fruits and vegetables have different nutrients.
  ☐
- The Dairy Group makes your bones and muscles weak.
  ☐
- Meat & Fish Group makes you jump very high.
  ☐
- We should eat sweets every day.
  ☐

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LIVEWORKSHEETS

Answer the questions:

- What does the Cereals Group include?

  The Cereals Group includes things like potatoes, bread, rice, pasta and bread.

- What does the Daily Group include?

- What does the Meat & Fish Group include?

- Do you like sweets and treats?

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