

1. Staying Alive!

Activity

1.1 Food groups

PROCESS
SKILLS

analysing

It is important
to eat a variety
of foods.

Fill in the blanks.

Foods

consist of those that

give us



If this food group
is missing, we
would not have
energy to

help us



If this food group
is missing, we
would not be able
to grow

keep us



If this food group
is missing, we
would

We must eat food from each _____ to stay _____.