

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	