FOOD GROUPS



There are five food groups. Each group is a type of food that gives you certain kinds of nutrients that you need to grow and be healthy.

The Grains and Cereals Group is the first group. You probably eat the most of this group during the day. It includes things like potatoes, breads, rice, pulses, pasta and wheat products. This group give us energy to work, play and learn.



The Fruit and Vegetables (veggies) Group is the second group. Sometimes they are separated into two groups, but they are very similar. You should eat lots of them every day. You should eat veggies and fruits, onions, carrots bananas, peas and strawberries are included in this group. Different colours of veggies and fruits give us different minerals and vitamins. So try different colours during the day. Our body cannot produce vitamins and minerals, so we need to get them from the food we eat, as they are necessary for our body to function properly. The most important ones are iron and calcium.



The third group is The Dairy Group. It is made up of milk, cheese, butter and yogurt. These have plenty of calcium and proteins to help you grow. They made your muscles and bones strong.



The Proteins Group includes meat, fish, poultry but also nuts, beans, eggs and pulses. These foods have also plenty of minerals. Proteins provide materials for growth and to repair our body.

The last group is The Fats, Oils and Sugars Group. These are mainly sweets, treats and pastries that we love to eat but they have a very low nutritional value. Junk food belongs to this group.



It is very important to eat the right amount of each food group every day. Most of our food should come from whole grains, vegetables and fruits. Treats or junk food should be eaten not very often.

Now answer these questions

1. Label the food groups.



_____



_____



_____



_____



_____

2. Write True or False

a) All The groups give us the same nutrients. _____
b) Grains and cereals is one of the most important groups. _____
c) Fruit and vegetables are full of vitamins and minerals. _____
d) Dairy products have got calcium that our bones need to grow and be repair. _____
e) We do not need proteins every day. _____
f) All the fats, oils and sugars are bad for our health. _____
g) Junk food is good for us because it has got plenty of nutrients. _____
h) We need all the nutrients to stay healthy in the right proportion. _____

3. Tick the nutrients that these foods have got.

	VITAMINS AND MINERALS	PROTEINS	CARBOHYDRATES	FATS	WATER
Chicken with fries					
Spaghetti with tuna and tomato sauce					
Homemade strawberries and banana milshake					
Rice with vegetables					
Milk and toast					
Lettuce, tomato and avocado salad					
Ham and cheese sandwich					