



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.

Kid's Healthy Eating Plate



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...

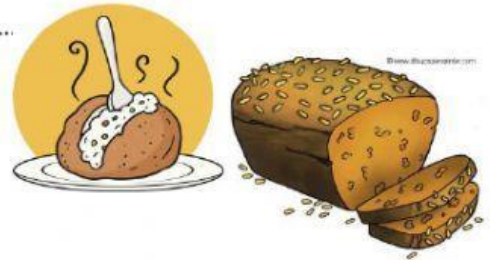
It's a good idea to eat the whole, including the

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? -

María Liste

