

**FOOD GROUPS**

Food from this group gives you energy and helps to fill you up. There are lots of things to eat.

The most nutrients in this group are carbohydrates, vitamins, minerals and fibre.

How are your foods in this group? Can you think of the names?

Other foods in this group:

Bread, pasta, rice  
 Potatoes, sweet potatoes  
 Grains, cereals  
 Beans, lentils, chickpeas  
 Nuts, seeds  
 Oilseeds  
 Vegetables  
 Fruits  
 Legumes  
 Grains  
 Nuts  
 Seeds  
 Oilseeds

**FOOD GROUPS**

It's best not to eat too many foods high in fat or foods high in sugar. They provide very few of the nutrients your body needs.

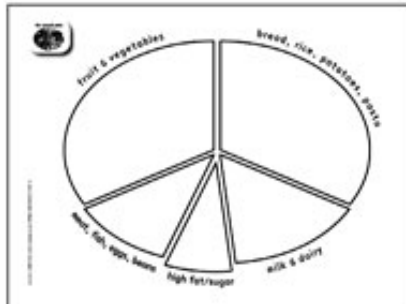
Having too much sugar can cause tooth decay. Which one for sugars and fats: more or less? Think of drinks, snacks, cakes, pies and biscuits. Think of what you eat!

Can you find foods from this group in the crossword below?

**WORD SEARCH**

1. Sweet  
 2. High in fat  
 3. High in sugar  
 4. High in calories  
 5. High in fat  
 6. High in sugar  
 7. High in calories  
 8. High in fat  
 9. High in sugar  
 10. High in calories

Other foods in this group:



**FOOD GROUPS**

Sea fish of this group - at least 2 portions every week!

This group contains some important proteins, including omega-3 essential fatty acids. Omega-3 fatty acids can help you feel better, but before you eat sea fish, look before you eat sea fish.

They can help you maintain a healthy weight, improve your lungs, and cut your risk of getting cancer and other diseases. Think: healthy, heart-healthy and good for you!

Can you think of the names in the group? Do you know what you eat?

Other foods in this group:

**FOOD GROUPS**

Remember a balanced breakfast, lunch or evening meal. Include a drink, fibre, or eat protein from eggs.

**FOOD DIARY**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOOD GRUBS

**FOOD GROUPS**

The most nutrients in this group are protein, minerals and vitamins.

Protein like lean meat and fish are a good alternative to meat.

Adding fruit for natural fibre is good for you. Think: healthy, heart-healthy and good for you!

Other foods in this group:

BREADBANK  
 LEGUMES  
 TOFU  
 TUNA  
 CHICKEN  
 BEANS  
 EGGS  
 MILK  
 YOGURT  
 BUTTER  
 CHEESE  
 NUTS  
 SEEDS  
 OLIVE OIL  
 AVOCADO

The table below shows the five food groups. Fill in the missing information.

FOOD GROUP	What nutrients?	Give 10 or more foods in this group	How much? (Give 10 or more)
1. Grains	Starchy carbohydrates		
2. Vegetables and fruits	Vitamins, minerals, fibre		
3. Protein	Protein		
4. Dairy	Calcium, protein		
5. High fat/sugar	Fat, sugar		

**HOW WELL AM I DOING?**

Week	1. Had a healthy breakfast?	2. Ate 5 portions of fruit and veg	3. Got energy from plenty healthy bread, rice, pasta etc	4. Had some dairy foods - milk, cheese, yogurt?	5. Ate lots of water	6. Ate something new	7. Ate olive oil or fat on food	8. Drank 10 glasses of water for 7 minutes
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

**FOOD GROUPS**

The Milk and Dairy Group is good for minerals, proteins and vitamins.

How much water from now on, for both men and women?

Find the letters in this table to discover the important mineral found in all the foods in this group.

My first is in Chicken and twice in Cottage Cheese.....

My second is in Eggs and also in Bacon.....

My third is in Milk and also in Mineral.....

My fourth is in Cheese and also in Cheese.....

My fifth is in Milk and twice in Lean Sausage.....

My sixth is in Yogurt and also in Fruit.....

My seventh is in Cottage Cheese and also in the letters it makes strong bones and teeth!

Other foods in this group:

Milk  
 Cheese  
 Yogurt  
 Butter  
 Cream  
 Ice cream  
 Soft cheese  
 Hard cheese  
 Brie  
 Cheddar  
 Gouda  
 Parmesan  
 Ricotta  
 Tofu  
 Tempeh  
 Seitan  
 Meat  
 Fish  
 Eggs  
 Nuts  
 Seeds  
 Oilseeds

**FOOD GROUPS**

As well as making healthy choices from the 5 food groups, you need to be active for good health.

The following are signs for at least one hour every day:

- walk, jog, dance, cycle, play games, swim, football, tennis, mountain biking.