

FOOD GROUPS

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

The best sources 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

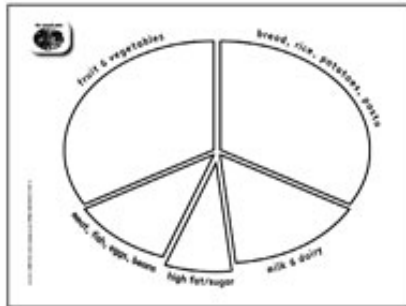
It's best not to eat too many foods high in fat or foods high in sugar. They provide very few of the nutrients your body needs.

Having too much sugar can cause tooth decay. Which one for sugars and fats: more or less? Write in the correct box!

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

WORD SEARCH

1.
 2.
 3.
 4.
 5.
 6.
 7.
 8.
 9.
 10.
 11.
 12.
 13.
 14.
 15.
 16.
 17.
 18.
 19.
 20.
 21.
 22.
 23.
 24.
 25.
 26.
 27.
 28.
 29.
 30.
 31.
 32.
 33.
 34.
 35.
 36.
 37.
 38.
 39.
 40.
 41.
 42.
 43.
 44.
 45.
 46.
 47.
 48.
 49.
 50.
 51.
 52.
 53.
 54.
 55.
 56.
 57.
 58.
 59.
 60.
 61.
 62.
 63.
 64.
 65.
 66.
 67.
 68.
 69.
 70.
 71.
 72.
 73.
 74.
 75.
 76.
 77.
 78.
 79.
 80.
 81.
 82.
 83.
 84.
 85.
 86.
 87.
 88.
 89.
 90.
 91.
 92.
 93.
 94.
 95.
 96.
 97.
 98.
 99.
 100.



FOOD GROUPS

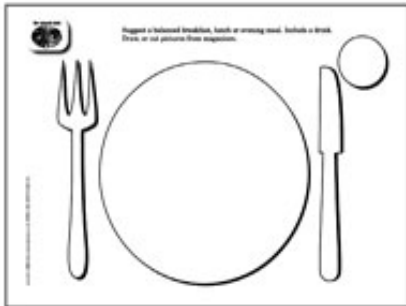
Use lots of this group - at least 5 portions every day!

This group contains some important proteins, vitamins and minerals. Foods like beans, lentils, chickpeas and peas are all great sources for the B vitamins. Look before you eat to see if you are getting enough.

They can help you maintain a healthy weight, improve your energy and help you not get tired and stressed. Foods like bread, pasta, rice and potatoes are all great sources for the B vitamins. Look before you eat to see if you are getting enough.

Other foods in this group:

Beans, lentils, chickpeas
 Peas
 Tofu
 Nuts, seeds
 Oilseeds



FOOD DIARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOOD GRUBS

FOOD GROUPS

The most sources in this group are proteins, vitamins and minerals. Foods like fish, chicken, eggs, and tofu are all great sources for the B vitamins. Look before you eat to see if you are getting enough.

Having fish for protein is a good idea. Fish like salmon, tuna, and trout are all great sources for the B vitamins. Look before you eat to see if you are getting enough.

Other foods in this group:

Fish
 Chicken
 Eggs
 Tofu
 Nuts, seeds
 Oilseeds

FOOD GROUPS

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? (How many times a day?)
1.	Starchy carbohydrates		
2.	Proteins, minerals, fibre		
3.	Fats, oils, sugars		
4.	Calcium, protein		
5.	Fibre, vitamins		

HOW WELL AM I DOING?

Week	1. Had a healthy breakfast?	2. Ate 5 portions of fruit and veg?	3. Got enough protein (chicken, fish, eggs, beans, lentils, chickpeas)?	4. Had some dairy foods (milk, cheese, yogurt)?	5. Ate lots of water?	6. Ate something new?	7. Ate at least 5 different types of food?	8. Ate at least 5 different types of food?
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								

FOOD GROUPS

The Milk and Dairy Group is a good source of proteins, vitamins and minerals. Milk, cheese, and yogurt are all great sources for the B vitamins. Look before you eat to see if you are getting enough.

Use lots of this group - at least 5 portions every day!

Other foods in this group:

Milk
 Cheese
 Yogurt
 Butter
 Cream
 Ice cream
 Soft cheese
 Hard cheese
 Curd
 Cottage cheese
 Tofu
 Nuts, seeds
 Oilseeds

