

FOOD GROUPS

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

The most common 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, rice, pasta, potatoes
 Grains
 Vegetables
 Fruits
 Legumes
 Nuts and seeds
 Oils
 Dairy products
 Meat and fish
 Eggs
 Soy products

FOOD GROUPS

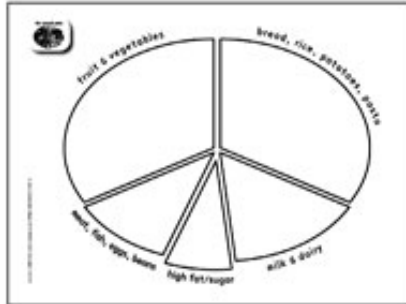
It's best not to eat too many foods high in fat or high in sugar. They provide very few of the nutrients your body needs.

Having too much sugar can cause tooth decay. Which one for sugars and fats: more or less? Write in circles. Avoid what's bad for you!

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

WORD SEARCH

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FOOD GROUPS

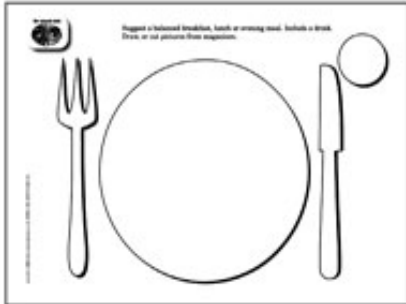
Use lots of this group - at least 5 portions every day!

This group contains some important proteins, vitamins and minerals. Think of the things you eat that are all about strength - your muscles!

Can you think of the things in this group that are not meat and vegetables?

Other foods in this group:

Meat and fish
 Eggs
 Soy products
 Nuts and seeds
 Oils



FOOD DIARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOOD GRUBS

FOOD GROUPS

The most common in this group are proteins, vitamins and minerals. Think of the things you eat that are all about strength - your muscles!

Can you think of the things in this group that are not meat and vegetables?

Other foods in this group:

Meat and fish
 Eggs
 Soy products
 Nuts and seeds
 Oils

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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.	Starchy carbohydrates		
2.	Proteins, minerals, fibre		
3.	Fats		
4.	Calcium, protein		
5.	Foods high in fibre		

HOW WELL AM I DOING?

Week	1. Had a healthy breakfast?	2. Ate 5 portions of fruit and veg	3. Got energy from plenty of bread, rice, pasta etc	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. Drank at least 7 glasses of water
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								

FOOD GROUPS

The Milk and Dairy Group is good for strength, protein and vitamins. How much water should you drink? How much water should you drink?

Find the letters in this table to discover the important nutrient 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 Bacon.
 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:

Meat and fish
 Eggs
 Soy products
 Nuts and seeds
 Oils

