

Food hygiene: keeping a balance!

There are 7 large food families:

- 1 Dairy products 
- 2 Meat, fish and eggs 
- 3 Fruit and vegetables 
- 4 Cereals and starches 
- 5 Fats 
- 6 Sugar-containing products 
- 7 Beverages 

The food you eat contains elements which help your body grow and function properly. These are called nutrients.

Each nutrient has a particular function.

To find out their names, read the definitions and then fill in the answers on the grid.

1. We are your body's skilled workers. We help every part of your body to function. You will find us in fruit and vegetables.

2. We are your body's bricklayers. We help build up muscles and organs. You will find us in meat, fish, eggs, cereals and dairy products.

3. We are your body's electricians. We give you energy for physical effort. You will find us in sugary food and cereals.

4. I am your body's hydrant. In addition to drinks, you will find me, in varying quantities, in all food.

5. We are your body's gardeners. We bring calcium and phosphorus to strengthen your bones and help you grow. You will find us in dairy products.

6. We are your body's fuel pump, for when it runs out of energy. You will find us in butter, oil and cream.

