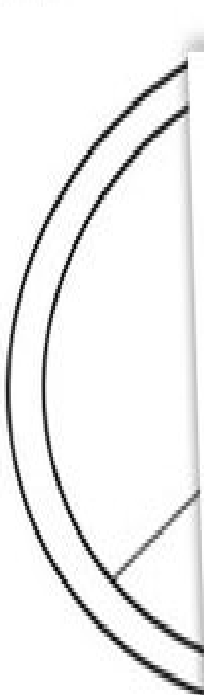


Finding the Food Group

Name:

Date:



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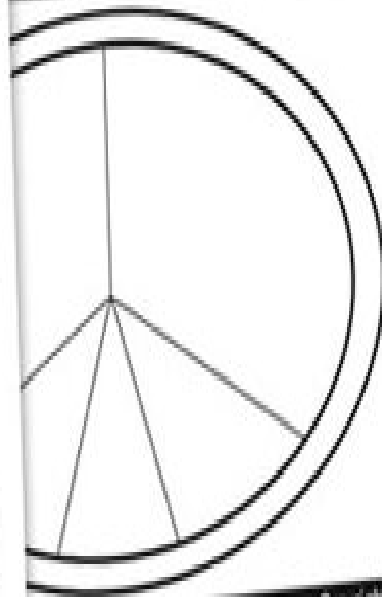
Finding the Food Group

Name:

Date:

the correct section of the plate.

roast beef doughnut wholemeal loaf
age cous cous crisps ciabatta fromage frais
mushroom cheddar cheese cauliflower



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Finding the Food Group

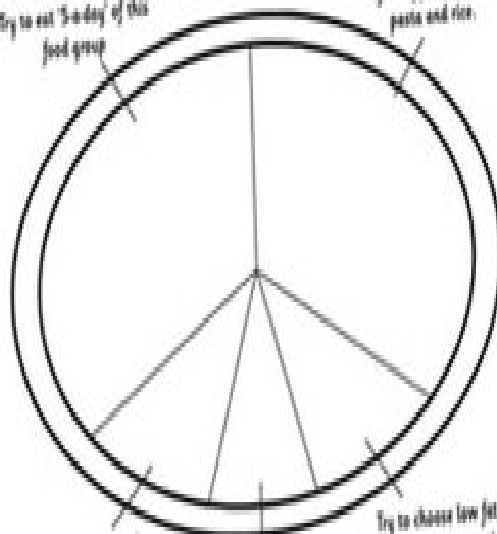
Name:

Date:

We can divide the food we eat into five food groups. We should follow a balanced diet to stay healthy. We should eat a variety of different foods in correct proportions. The plate below shows you the five food groups. We should always try to eat more of the two largest food groups and less of the food groups in the smaller sections.

Try to eat '5-a-day' of this food group

This food group is an important source of energy. It includes pasta and rice.



Try to choose low fat