

FOOD GROUPS

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

The best 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:

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 make teeth decay. Which can be for sugars and fats that can make us fat.

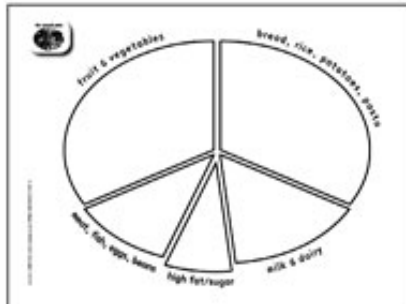
Can you find foods from this group in the crossword puzzle?

WORD SEARCH

Find a list of foods from this group in the crossword puzzle.

WORD SEARCH

Find a list of foods from this group in the crossword puzzle.



FOOD GROUPS

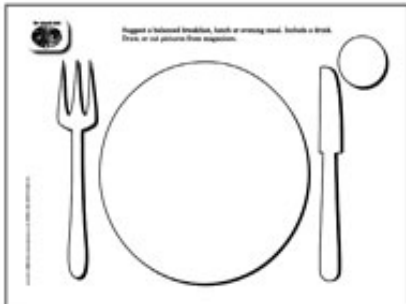
So lots of this group - at least 5 portions every day!

This group contains some important proteins, vitamins and minerals. Think of the things that can help you eat well.

They can help you maintain a healthy weight, improve your energy and help you get on with your school work. It's important to eat well every day.

Can you think of the things in this group to eat every day?

Other foods in this group:



FOOD DIARY

| | | | | | | |
|--------|---------|-----------|----------|--------|----------|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | | | | | | |
| | | | | | | |
| | | | | | | |

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The most nutrients in this group are proteins, vitamins and minerals. Think of the things that can help you eat well.

Having Fruit for part of all the foods in this group. Can you think of what they are?

Other foods in this group:

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

| FOOD GROUP | What nutrients? | Give 100 or more items in this group. | Give 100 or more items in this group. |
|----------------------------------|---------------------------|---------------------------------------|---------------------------------------|
| 1. Carbohydrates | Starchy carbohydrates | | |
| 2. Vegetables, fruits and pulses | Vitamins, minerals, fibre | | |
| 3. Protein | Protein | | |
| 4. Dairy | Calcium, protein | | |
| 5. Fats, oils and sugars | 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 protein for at least 2 meals | 8. Had my teeth brushed for 2 minutes |
|--------|-----------------------------|------------------------------------|---|---|----------------------|----------------------|-------------------------------------|---------------------------------------|
| Week 1 | | | | | | | | |
| Week 2 | | | | | | | | |
| Week 3 | | | | | | | | |
| Week 4 | | | | | | | | |

FOOD GROUPS

The Milk and Dairy Group is good for minerals, proteins and vitamins. Think of the things that can help you eat well.

My favourite to eat twice in this group is...

My second is to have and also in this group...

My third is to have and also in this group...

My fourth is to have and also in this group...

My fifth is to have and also in this group...

My sixth is to have and also in this group...

My seventh is to have and also in this group...

Other foods in this group:

