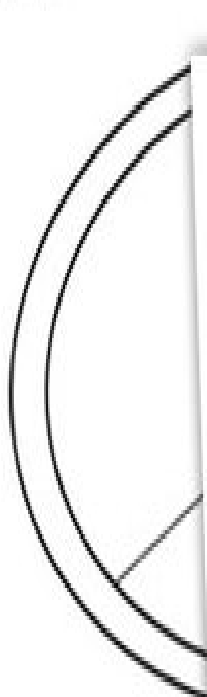


## Finding the Food Group

Name: \_\_\_\_\_

Date: \_\_\_\_\_



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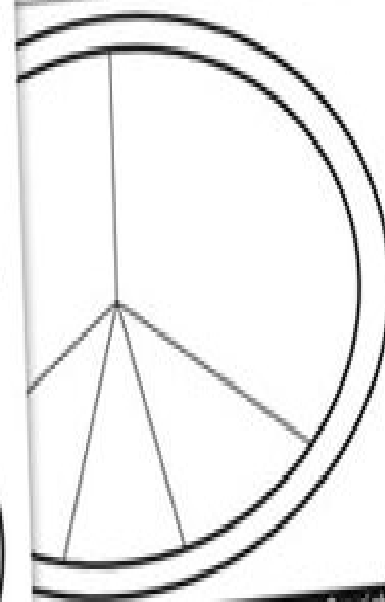
## Finding the Food Group

Name: \_\_\_\_\_

Date: \_\_\_\_\_

the correct section of the plate.

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



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## Finding the Food Group

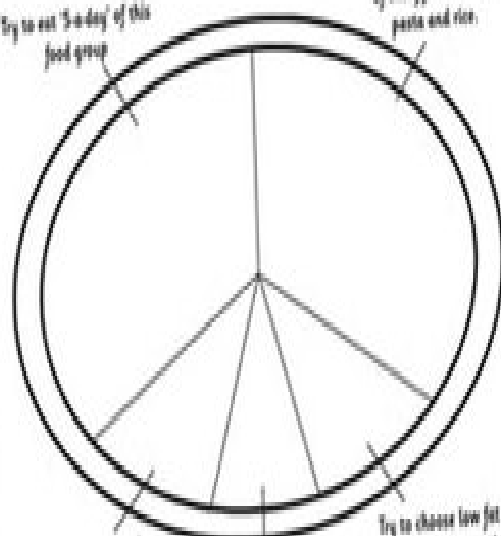
Name: \_\_\_\_\_

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