

FOOD GROUP
 Fruits, grains, protein, dairy

Each food in this group gives you energy and helps to fill you up. There are lots of fruits, grains, protein, dairy, and beans.

The most vitamins in this group are carbohydrates, vitamins, minerals and fibre.

How are you feeling in this group? (Can you think of the words?)

Other foods in this group:

FOOD GROUP
 Protein in fish, milk, chicken, turkey

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 one is for sugars and how much can children or adults eat? (What are the words?)

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

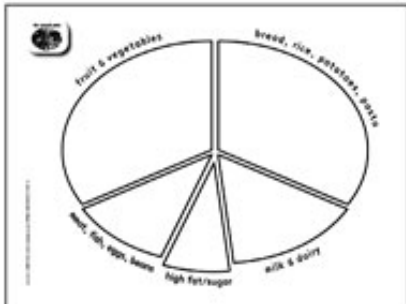
DOWN

- 1. sweet
- 2. fish or cow
- 3. fast food chains
- 4. skinless chicken
- 5. protein
- 6. fish or chicken

ACROSS

- 1. meat from a pig
- 2. protein
- 3. food with lots of fat
- 4. high fat food
- 5. food with lots of sugar
- 6. fast food chains
- 7. sugar

Other foods in this group:



FOOD GROUP
 Fruit, milk, dairy, protein, beans

See how many of this group - at least 3 portions every day!

This group contains some important proteins, vitamins and minerals. Protein like beans and milk can help you build muscle, but before you eat too many.

Fruit can help you maintain a healthy weight, improve your energy and help you get a good night's sleep. There are lots of fruits and vegetables that can help you do that.

Can you think of the foods in this group? (Can you think of the words?)

Other foods in this group:



FOOD DIARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FOOD GROUP
 Meat, fish, chicken, turkey, eggs, beans

The most vitamins in this group are proteins, minerals and vitamins.

Having Fruit for part of all the foods in this group can help you maintain a healthy weight, improve your energy and help you get a good night's sleep. There are lots of fruits and vegetables that can help you do that.

Other foods in this group:

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

FOOD GROUP	What nutrients?	Give one or two foods in this group	How do they help you?
Grains	Starchy carbohydrates		
Vegetables and fruits	Vitamins, minerals, fibre		
Protein	Protein		
Milk, dairy and eggs	Calcium, protein		
Foods high in fat, sugar	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, spuds etc	4 had some dairy foods - milk, cheese, yogurt	5 drank lots of water	6 ate something new	7 ate protein for at least 5 meals	8 drank my drink 2 minutes
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

FOOD GROUP
 Milk and dairy

The Milk and Dairy Group is good for minerals, protein and vitamins.

How much protein from meat, fish, eggs, beans and pulses do you eat?

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 Cow and also in Cheese.....

My fifth is in Milk and twice in Bacon.....

My sixth is in Eggplant 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:

