



Food Groups

Categories in which food types are grouped



Fats	→	Used as a fuel source for our body
Proteins	→	Builds, maintains and replaces tissues in your body
Dairy	→	Allows bones to grow big and strong.
Carbohydrates	→	Starchy food, the main source of energy for our body
Fruits and Vegetables	→	From plants, containing vitamins our body needs

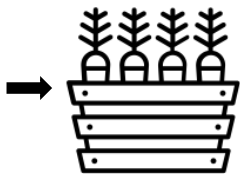
Healthy Eating

Eating a variety of foods to give you nutrients you need

Healthy Diet

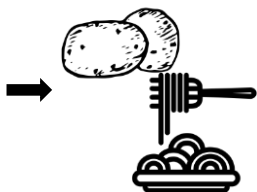


1/3 Fruit and Veg



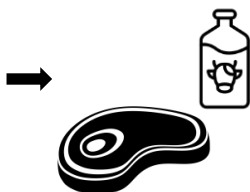
- Fruit and veg provide high levels of vitamins and minerals for bone growth and healthy blood. E.g. Strawberries, bananas and carrots.

1/3 Carbohydrates



- The main source of energy production. E.g. Potatoes, pasta, rice and bread.

1/3 dairy, protein and fat



- Each is important for brain function, muscle growth and healthy organs.
- Dairy includes Milk and Eggs.
- Protein is from Chicken, beef etc.
- Fats are from chocolate etc.

What would you predict might happen if we only ate fruit?

Can you list healthy foods

What is the main idea of eating a healthy/balanced diet?

Vocabulary

Fats
Proteins
Carbohydrates
Fruits
Vegetables
Dairy



Vocabulary

Healthy Diet
Balanced
Vitamins and Minerals
Healthy organs
Muscle growth