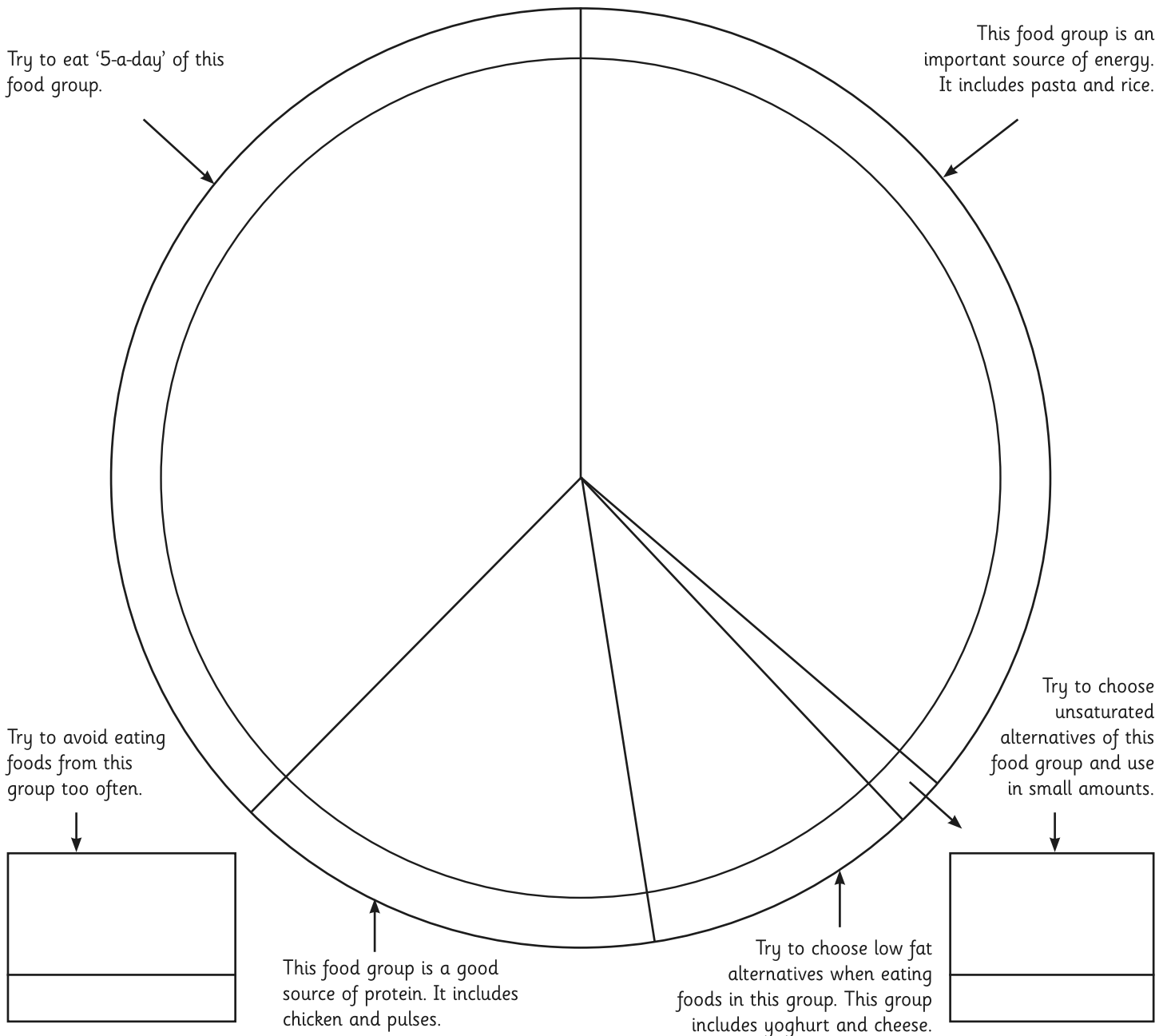


Finding the Food Group

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.



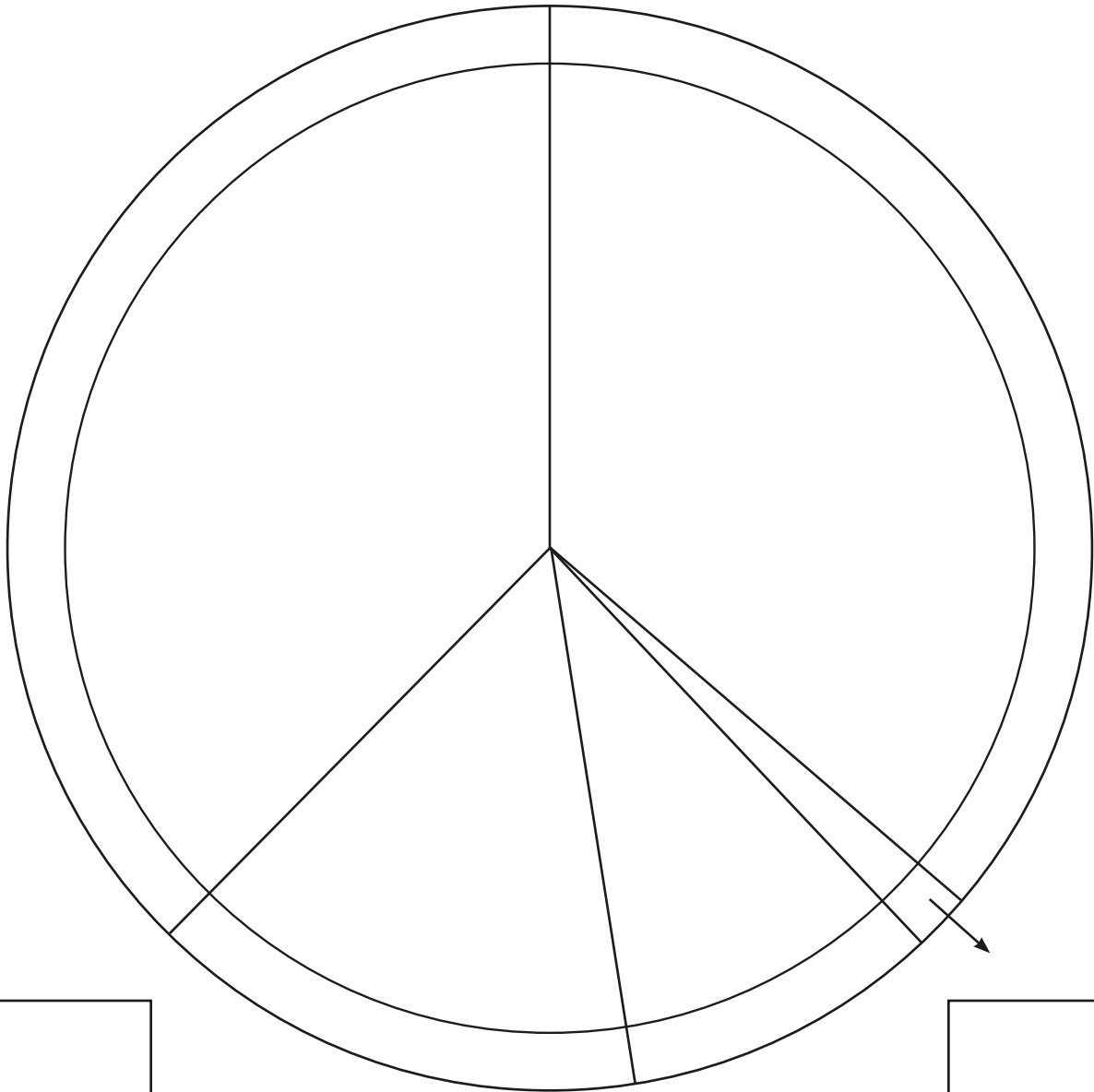
Label each section of the plate with one of the following:

1. bread, rice, potatoes, pasta and other starchy foods
2. fruit and vegetables
3. meat, fish, eggs, beans and other non-dairy sources of protein
4. milk and dairy foods
5. foods and drinks high in fat and/or sugar
6. oils and spreads

Finding the Food Group

Look at this list of foods. Write each one in the correct section of the plate.

chocolate	muesli	peas	roast beef	doughnut	wholemeal loaf
cheese spread	nuts	cabbage	cous cous	ciabatta	
margarine	haddock	mushroom	cheddar cheese	cauliflower	fromage frais



Finding the Food Group

