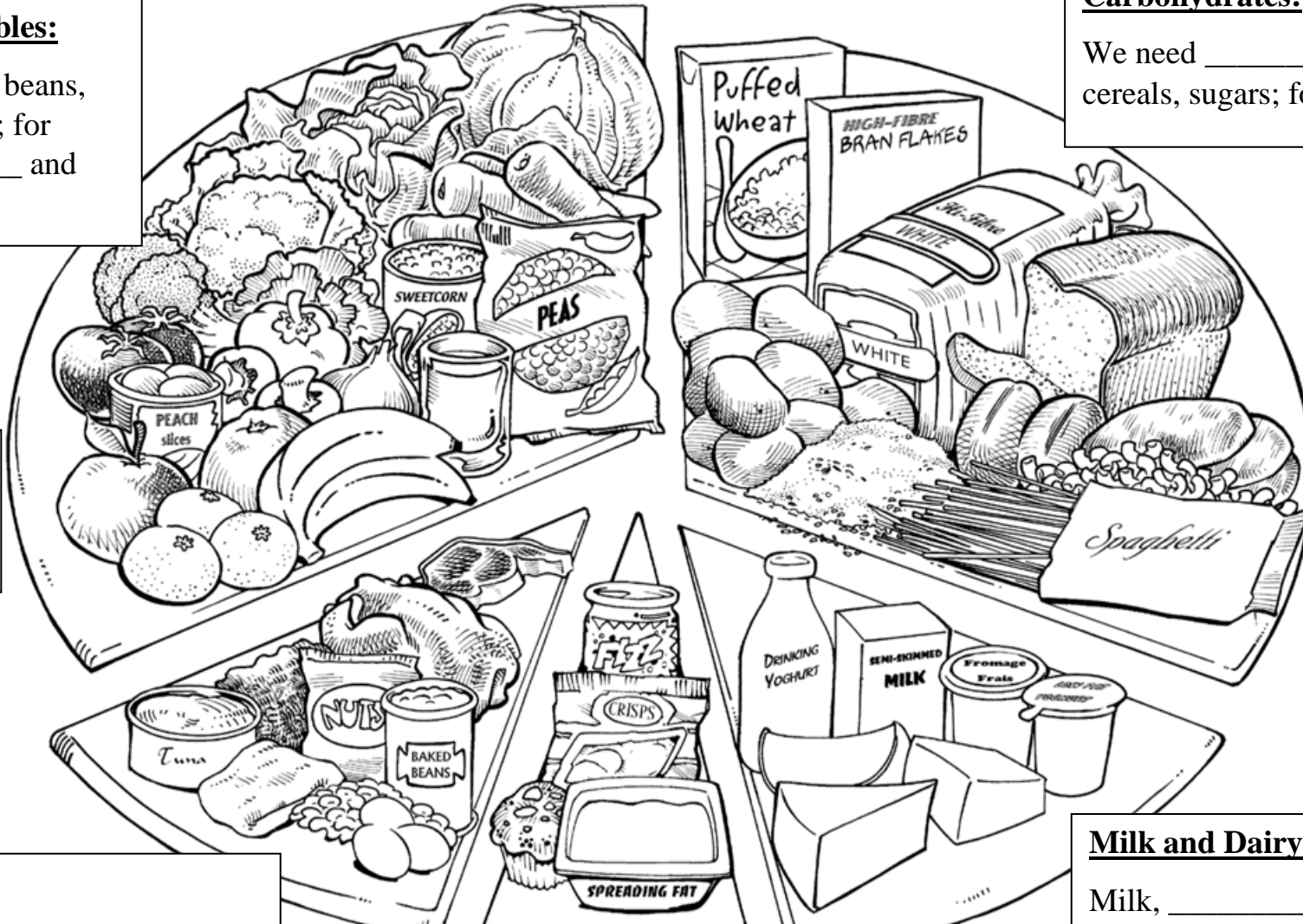


Can I recognise the different foods and food groups in a balanced diet?

Fruit & Vegetables:

We need apples, beans, peas, sweet corn; for fibre, _____ and _____.

THE MAIN FOOD GROUPS



Carbohydrates:

We need _____, rice, pasta, cereals, sugars; for _____.

Protein:

We need meat, fish, quorn, soya, and _____; for _____ and growth.

Fats and Oils:

_____ and cooking oil; for energy and _____.

Milk and Dairy:

Milk, _____, cheese; gives us calcium for healthy bones and _____.