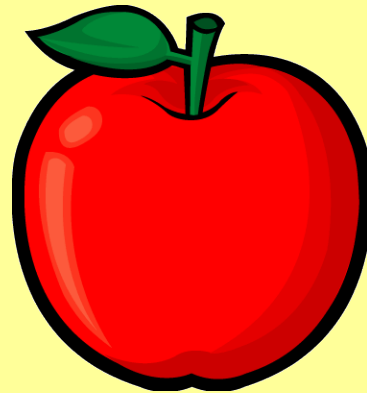
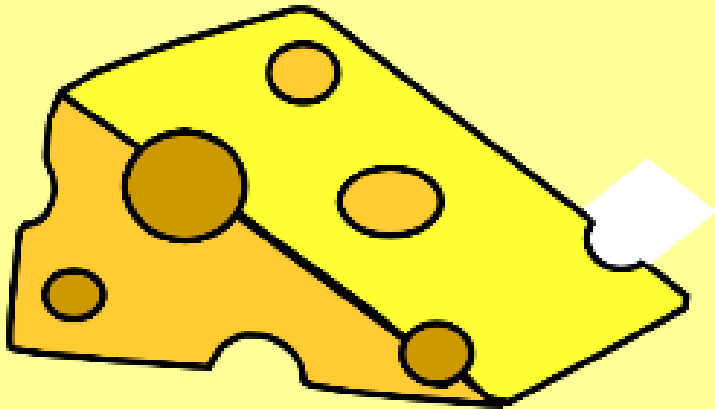


# Food Groups

Types of food and what they do...

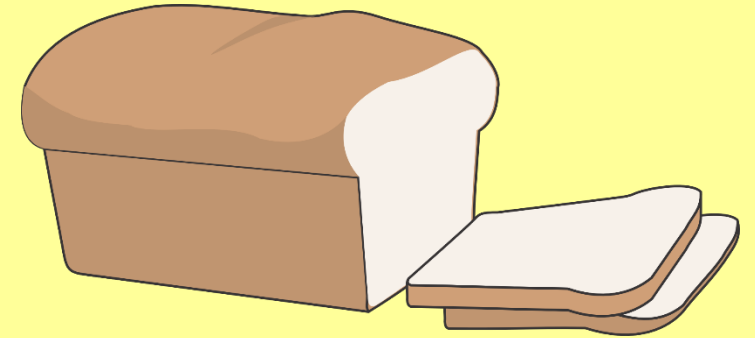
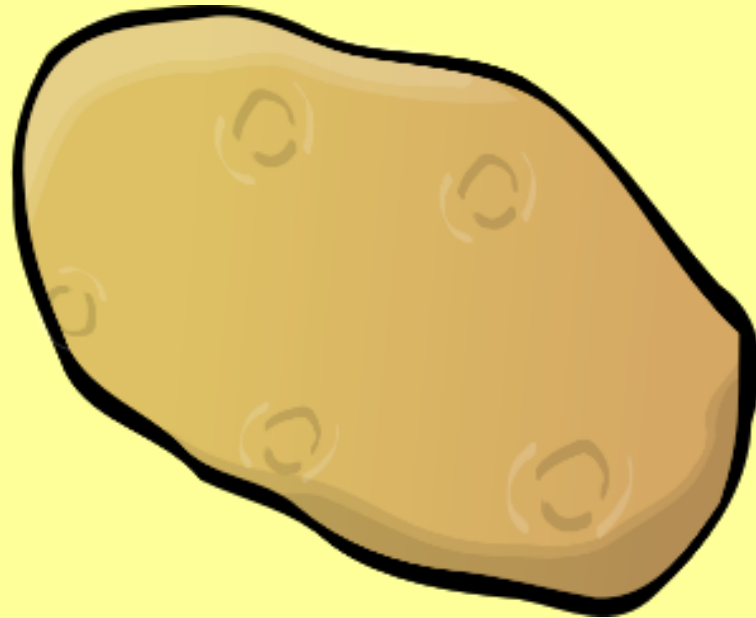
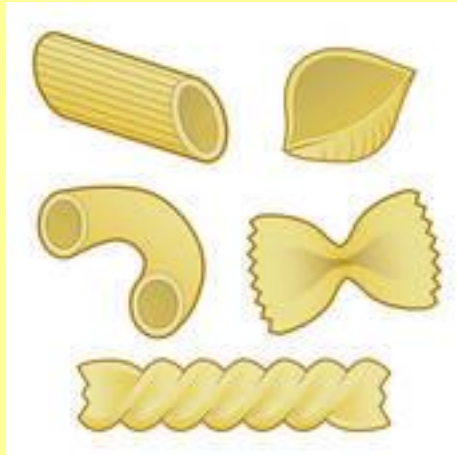


By the end of the lesson you will...

Be able to describe the importance for humans of eating the right amounts of different types of food

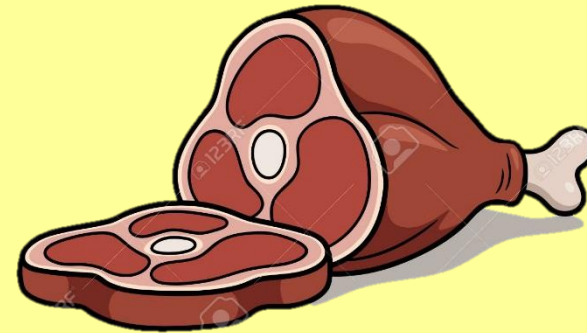
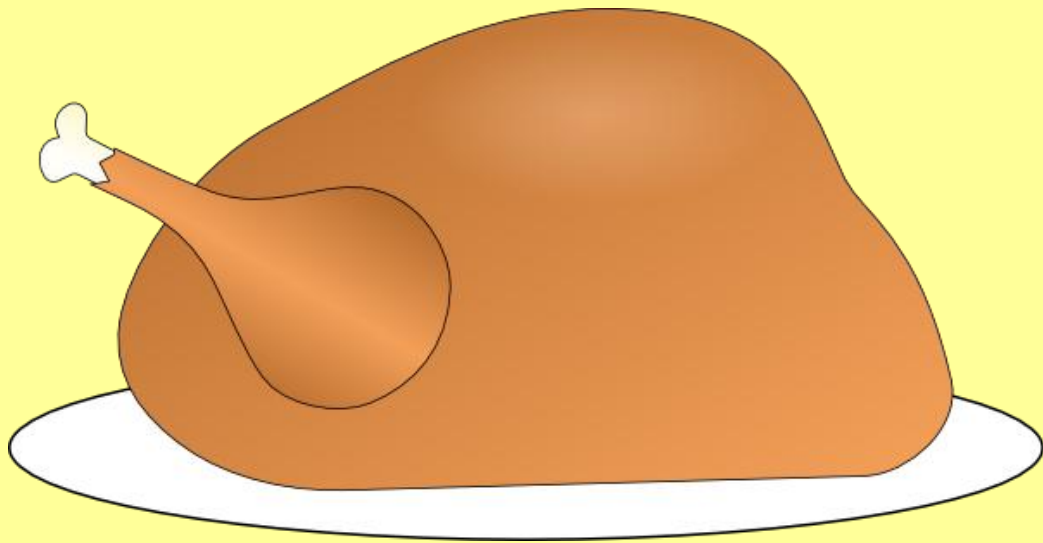
# Carbohydrates

Carbohydrates give us energy. Lots of athletes eat carbohydrates before a race so that they have energy.



# Protein

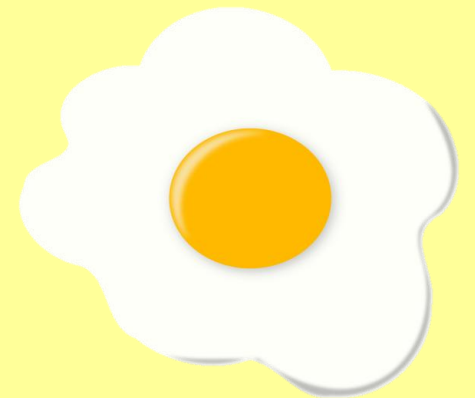
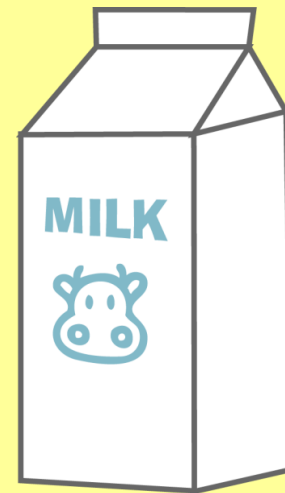
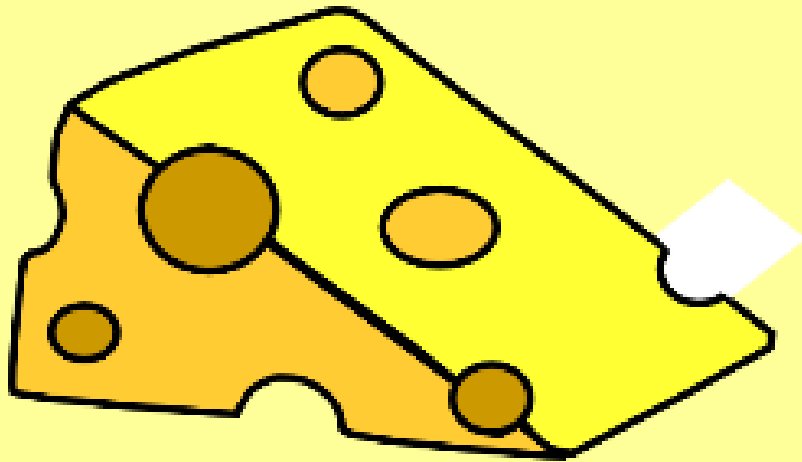
Without protein you won't have a strong body because protein helps your muscles to grow and develop.



# Dairy

Dairy provides calcium. Your body needs calcium to keep bones and teeth strong.

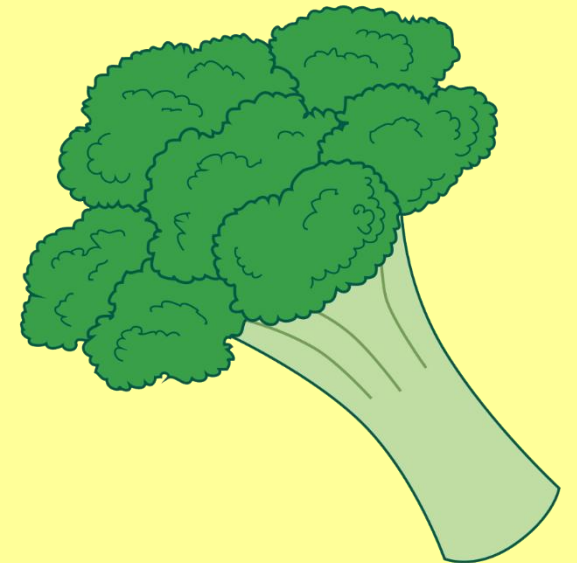
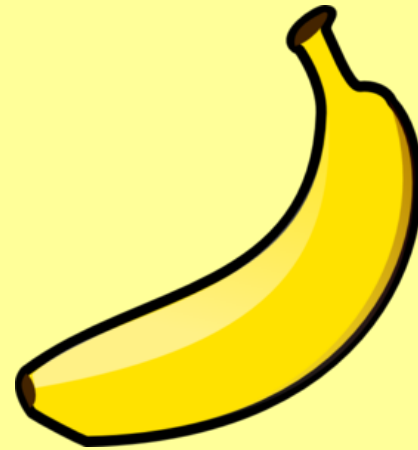
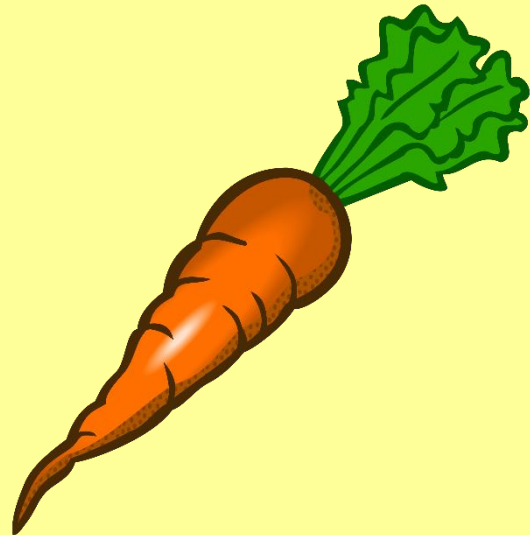
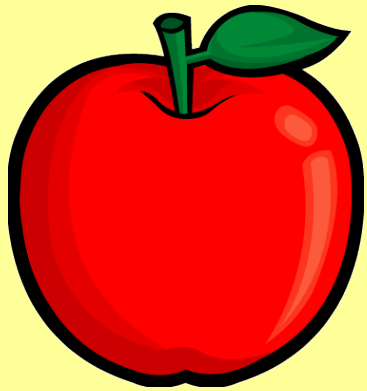
You have to be careful because dairy foods such as cheese and ice-cream are high in fat so you can not have too much of them.



# Fruit and Vegetables

Fruit and Vegetables provide you with vitamins. Vitamins help to keep you fit and healthy.

You should eat at least 5 portions of fruit and vegetables a day!

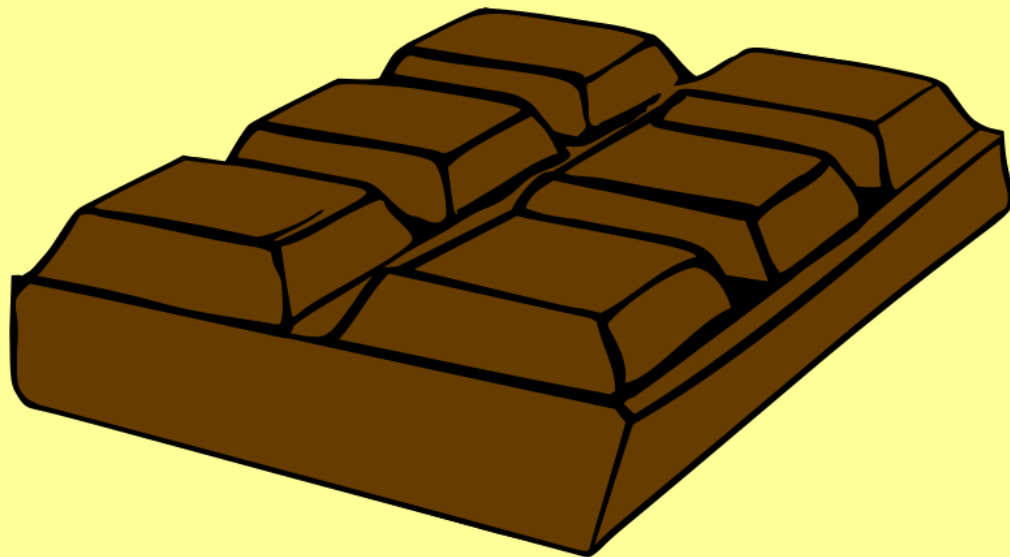


# Fats and Sugars



Fats and sugars provide our bodies with energy. Our bodies are really clever and store all the energy from fats until we need it for energy.

You should not eat too many fats and sugars as this can be unhealthy for you.



# So how much should you eat?

You should have a certain amount of food from each group every day.

It is important to remember to have 5 portions of fruit and vegetables.



**Fruit and  
vegetables**

**Bread, rice,  
potatoes, pasta  
and other starchy foods**



**Meat, fish,  
eggs, beans  
and other non-dairy  
sources of protein**

**Food and drinks  
high in fat and/or sugar**

**Milk and  
dairy foods**

# What you are going to do...

You are going to design a healthy lunchbox.

You must make sure to include an item from all 5 food groups.

Make sure that there is enough fruit and vegetables and not too much fatty foods.

The lunchbox needs to be balanced!



# Key Words

Protein

Carbohydrates

Fat

Sugar

Fruit

Vegetables

Dairy

Balanced

Diet

Food Groups