

FINDING THE FOOD GROUP

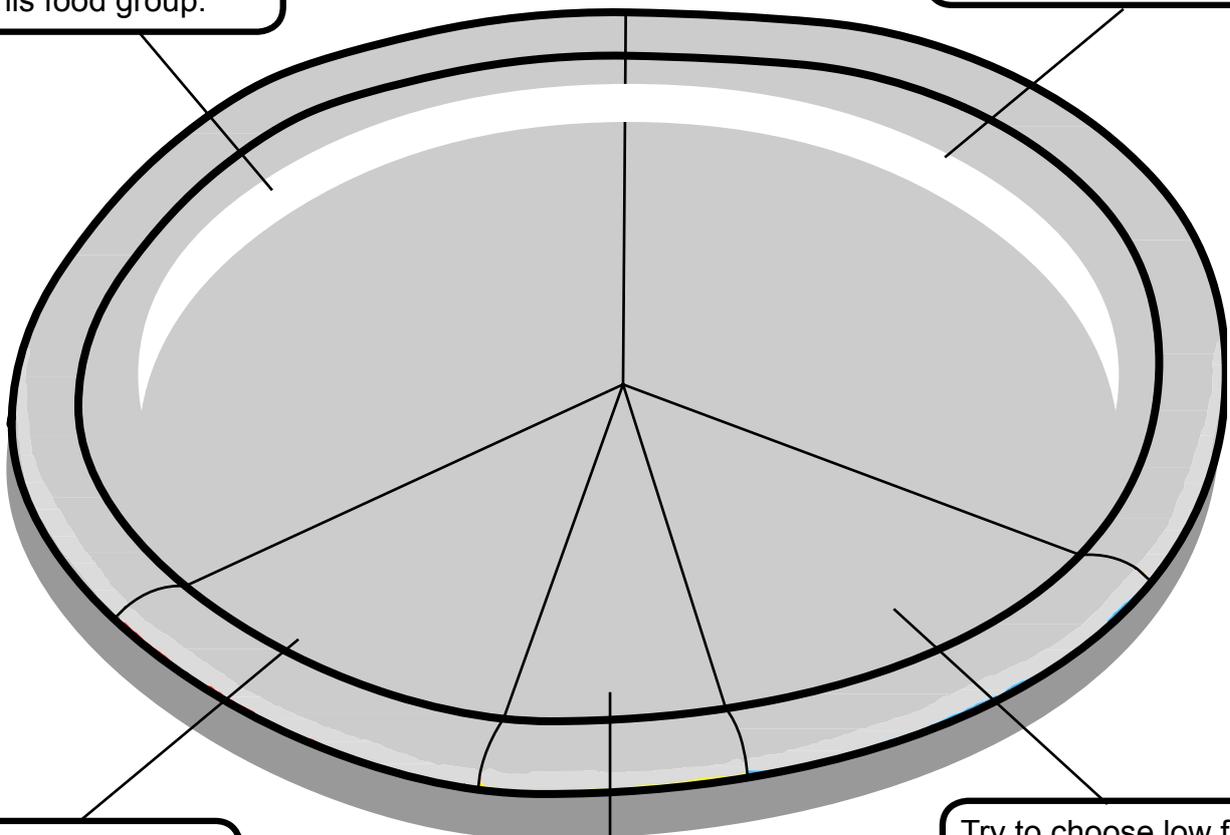
The food we eat can be divided into five food groups. To keep healthy, we should follow a balanced diet. That means eating a variety of different types of food in the right proportions. The Eatwell Plate below is divided into the five food groups. We should try to eat more of the two largest food groups and less of the food groups which have a smaller section on the plate.

1. Label each section of the Eatwell Plate with one of these labels.
Use the information by each section to help you.

- bread, rice, potatoes, pasta and other starchy foods
- fruit and vegetables
- meat, fish, eggs, beans and other non-dairy sources of protein
- milk and dairy foods
- foods and drinks high in fat and/or sugar

Try to eat '5-a-day'
of this food group.

This food group is
an important source
of energy. It includes
pasta and rice.



This food group is
a good source of
protein. It includes
chicken and pulses.

Try to avoid eating
foods from this group
too often.

Try to choose low fat
alternatives when eating
foods in this group. This
group includes yoghurt
and cheese.

2. Look at this list of foods. Write each one in the correct section of the Eatwell Plate.

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