

## Activity 1: Food groups

Humans and other animals require food and water to stay alive. In order to stay healthy, we need to eat a balanced diet – a variety of different foods. The table shows five different food groups. Working in pairs, place the foods below into the correct group on the table. Some foods may fit into more than one group.

***Brown Bread (example)***

**Pasta**

**Fish**

**Fruit**

**Eggs**

**Butter**

**Vegetables**

**Cereal**

**Beans**

**Milk**

<b>Food group</b>	<b>What does it do?</b>	<b>Where is it found?</b>
<b>Carbohydrates</b>	<b>Carbohydrates give us energy</b>	<b><i>Bread</i></b>
<b>Proteins</b>	<b>Proteins help our bodies repair themselves</b>	
<b>Fats</b>	<b>Fats give our bodies energy that can be stored and provide a fat layer under our skin to keep us warm</b>	
<b>Vitamins and minerals</b>	<b>Vitamins and minerals help with all sorts of jobs around our bodies such as healing wounds, building strong bones and teeth, making blood, and keeping our brain working</b>	
<b>Fibre</b>	<b>Fibre helps to keep the food moving through the body and helps with digestion of nutrients.</b>	