

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Eating a variety of foods is very important for your health. Can you match each of these descriptions with the correct food group?



**Carbohydrate**

Necessary to ensure the digestive system works properly.

**Protein**

Found in meats and plants and necessary for a variety of functions.

**Fibre**

Provides a reserve source of energy and insulation. Helps protect organs and bones.

**Minerals**

Foods that include simple sugars and starches which are needed for energy.

**Fat**

Foods that enable our bodies to grow, maintain and repair themselves.

Now see if you can identify which food group or groups (sometimes they can fit in more than one) each of these foods belongs to.

**wholemeal pasta**

**olives**

**eggs**

**bran flakes**

**spinach**

**tuna**

**chips**

**peanuts**

**butter**

**chocolate**

**croissant**

**raisins**