

Name: _____ Date: _____

Eating a variety of foods is very important for your health. Describe in your own words why each of these food groups is important for our bodies to stay healthy.



Carbohydrate

Protein

Fat

Fibre

Minerals

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

bread

sunflower seeds

cream

porridge

broccoli

bacon