

Name: _____ Date: _____



Cut out the Picture Cards and organise them into the food groups below. Write the correct foods into each column. Can you think of any other foods that fit into each group?

Fruits and Vegetables	
Dairy	
Starches	
Meat and Fish	
Fats and Sugars	

Name: _____ Date: _____



How many different foods can you list for each of these categories? Write down as many as you can.

Fruits and Vegetables	
Dairy	
Starches	
Meat and Fish	
Fats and Sugars	

We need a variety of different foods to keep us _____.

Some foods help us to _____ and some foods give us _____.

Foods that help us grow contain _____ which not only helps us grow but also _____ our body when we are ill or _____. Foods with lots of _____, as well as fats and _____, help to give us energy.

starch	injured	repairs	grow
energy	sugars	healthy	protein

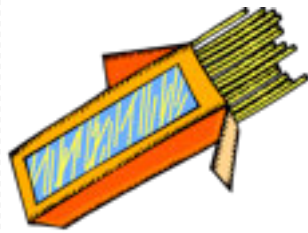
Name: _____ Date: _____

Foods for Growth	Foods for Energy

Apple



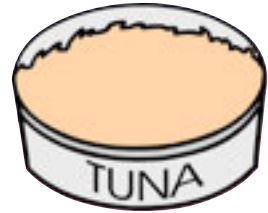
Spaghetti



Bread



Tuna



Cheese



Steak



Milk



Crisps



Carrot



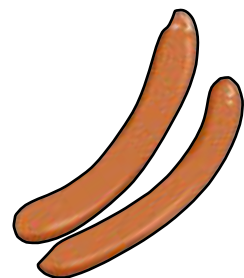
Cabbage



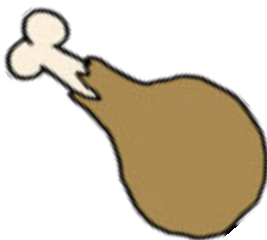
Banana



Sausages



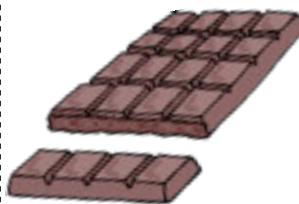
Chicken



Rice



Chocolate



Butter



Potatoes



Cake



Yogurt



Biscuits



Fruits and Vegetables

Dairy

Starches

Meat and Fish

Fats and Sugars