






How do different food groups HELP us?

Look at our meals. Can you work out how the different foods in our meals help our bodies?

Write or draw each of the foods on our plates in the right box below. I have already written my apple in the right place to start you off...



Meal	General good health	Energy	Healthy bones and teeth	For growth and repair
 Olivia				
 Mixer				
 Searcher	apple 			
 Pedal				