

EXPLORING FOOD GROUPS

GRAIN GROUP (CARBOHYDRATES)

Grain food gives you energy and fibers, it helps your digestive system.

Grain products are **carbohydrates**.

They are:



rice



pasta



cereal



bread



savoury biscuits



pop corn



biscuits



cake

MEAT AND VEGETABLES GROUP (PROTEIN)

Meat and beans are **proteins**.

Protein food builds a strong body.

It includes:



hamburger



chicken



ham



roast beef



fish



peas



egg



beans



nuts

MILK AND DAIRY GROUP

Milk group food has calcium, proteins and some vitamins

Dairy products keep your bones and teeth healthy.

In this group there are food like:



milk



cheese



ice cream



cream



pudding



yoghurt

FATS, OILS AND SWEETS

Fats and sweets give a lot of energy, but not many nutrients.

They store energy.

They are:



oil



butter



sugar



chocolate

VEGETABLES AND FRUIT GROUP

They are rich in **vitamins and minerals**.

They repair your body. They have fibers to help your digestive system.

They have different colors.

BLUE AND PURPLE



PLUM

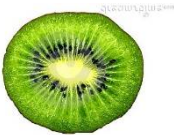


BLACKBERRIES



BLUEBERRIES

GREEN



KIWI



GREEN APPLE



GRAPES



BROCCOLI



SPINACH

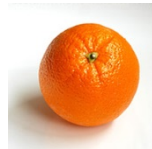
YELLOW AND ORANGE



PEAR



PINEAPPLE



ORANGE



CORN



PUMPKIN



CARROT

RED



CHERRY



STRAWBERRY



APPLE



WATERMELON



RED PEPPER



TOMATO

WHITE AND BROWN



PEACH



BANANA



COCONUT



CHESTNUT



MUSHROOM



POTATO