

# Finding the Food Group

We can divide the food we eat into five food groups. We should follow a balanced diet to stay healthy. We should eat a variety of different foods in correct proportions. The plate below shows you the five food groups. We should always try to eat more of the two largest food groups and less of the food groups in the smaller sections.

Try to eat '5-a-day' of this food group.

This food group is an important source of energy. It includes pasta and rice.

Try to avoid eating foods from this group too often.

Try to choose unsaturated alternatives of this food group and use in small amounts.

This food group is a good source of protein. It includes chicken and pulses.

Try to choose low fat alternatives when eating foods in this group. This group includes yoghurt and cheese.

**Label each section of the plate with one of the following:**

1. bread, rice, potatoes, pasta and other starchy foods
2. fruit and vegetables
3. meat, fish, eggs, beans and other non-dairy sources of protein
4. milk and dairy foods
5. foods and drinks high in fat and/or sugar
6. oils and spreads

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Look at this list of foods. Write each one in the correct section of the plate.

chocolate	museli	cabbage	cous cous	cauliflower
cheese spread	nuts	roast beef	doughnut	wholemeal loaf
margarine	peas	cheddar cheese	ciabatta	fromage frais
haddock	mushroom			