

# FOOD GROUPS

Do you have a balanced diet?

## Protein

We need foods containing proteins to help our bodies to grow and repair themselves.

meat



milk



fish

eggs



nuts

## Carbohydrates

Foods containing carbohydrates give our body energy.

bread



chips

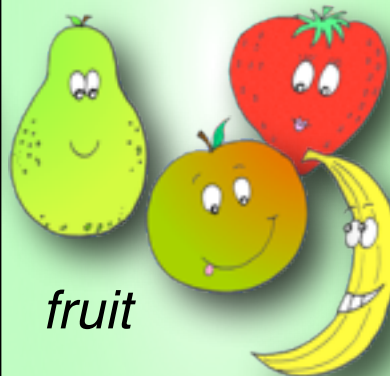
pasta



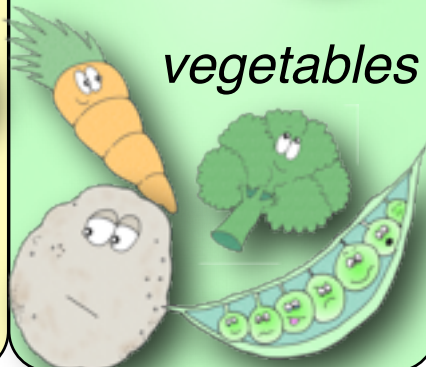
rice

## Vitamins and Minerals

Vitamins and minerals keep our body and cells healthy.



fruit



vegetables

## Fibre

Fibre helps us to digest our food and keeps our intestines healthy.

fruit



vegetables



cereals

brown bread



## Fats

Fats provide energy and help in building up our body.

cakes



butter

biscuits

cheese

