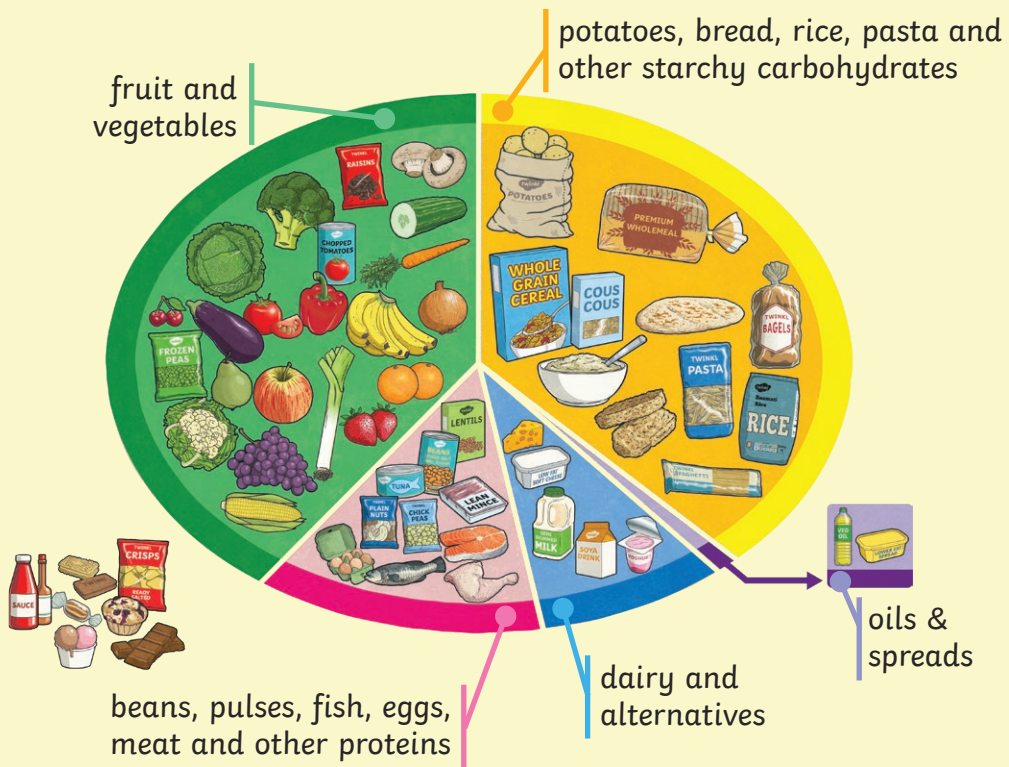


Food Groups

The food that humans eat can be sorted into five main food groups.



This is taken from the Eatwell Guide, which is a guide produced by the UK government to help people to understand what **proportion** of different foods they should eat as part of a healthy diet.

Fruit and Vegetables

This section is green in the Eatwell Guide. Fruit and vegetables are very important for the body to stay healthy. You should eat a variety of at least five portions of fruit and vegetables every day. One portion is roughly about the size of your own hand and they can be eaten in meals or as snacks.



half of an avocado

1 handful of carrot sticks



1 medium apple



2 broccoli florets

Potatoes, Bread, Rice and Pasta

This section is yellow in the Eatwell Guide. These foods are a good **source** of **energy** for the body. To make healthier choices, choose foods in this section which are made from wholegrain and which do not have added fat, salt or sugar.



Dairy and Alternatives

This section is blue on the Eatwell Guide. Foods in this section contain a mineral called calcium which helps keep your bones and teeth strong. Try to choose foods which are not too high in fat and sugar from this section.



Some people cannot eat certain foods because they have **allergies** to particular foods. Some people do not eat some meats due to their religious beliefs.

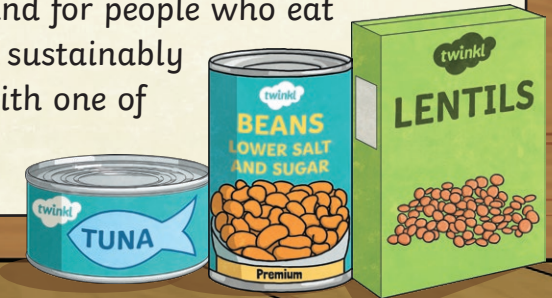
Oil and Spreads

This section is purple on the Eatwell Guide and it is a very thin section of the whole circle. This shows the small amounts of these foods that we should eat in comparison to other groups. However, these foods do help the body to **absorb** important vitamins.



Beans, Fish, Eggs, Meat and Pulses

This section is pink on the Eatwell Guide. Foods in this section help the body to grow. People can get protein from different **sources**. Some people do not eat any meat (vegetarians) and some people only eat certain types of meat. Some people (vegans) do not eat any animal products at all, including eggs and dairy. Good protein **sources** for vegetarians and vegans include lentils, peas and beans. The Eatwell Guide advises people to not eat too much **red meat** or **processed meat** and for people who eat fish to eat two portions of sustainably **sourced** fish each week, with one of these being oily.



Foods That Are High in Sugar and Fat

These foods are grouped outside of the circle. This is because these foods, unlike the other food groups, do not contain many things to help us to stay healthy. Sugar and fat are less nutritious (in large amounts) than many foods in other groups, so should be eaten less often and in smaller amounts.



Nutrients

Nutrients are substances found in food. Animals need them to stay alive and stay healthy. There are seven nutrients, which can help our bodies in different ways.

Carbohydrates



provide energy

helps growth and repair



Protein

helps digestion



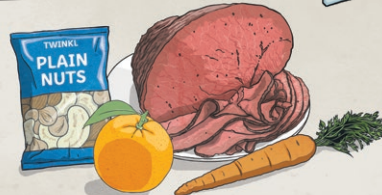
Fibre

Fats



provide energy

keep you healthy



Vitamins

keep you healthy



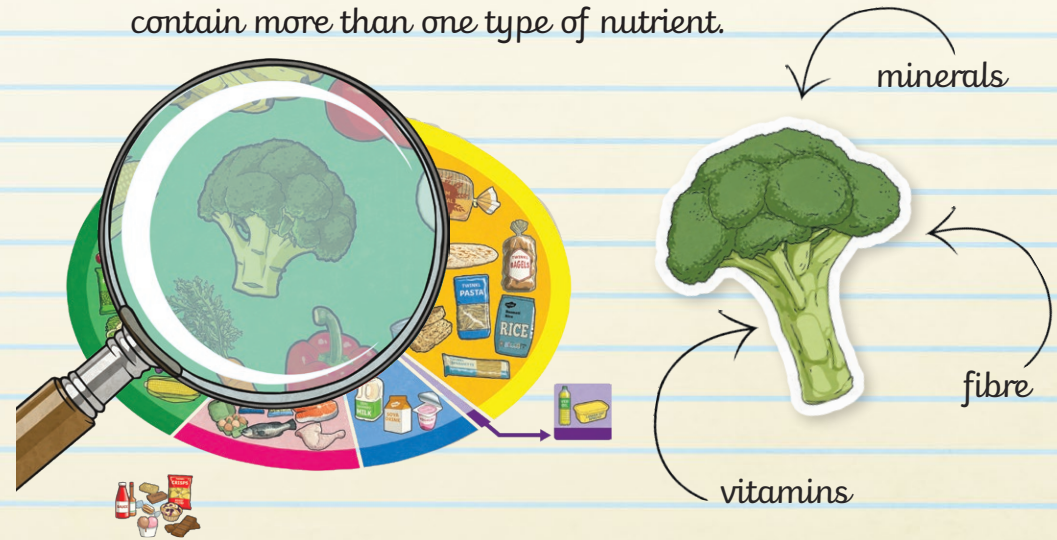
Minerals

Water



moves nutrients around your body and helps to get rid of waste

Within each food group, there are many foods which contain more than one type of nutrient.



For example, eating broccoli gives lots of health rewards. It is a great **source** of minerals (especially a mineral called potassium), an excellent **source** of vitamins and it provides the body with fibre.

Carbohydrates

SHOPPING LIST

Carbohydrates give our bodies **energy**. Foods that are a good **source** of carbohydrates include:

- bread
- pasta
- oats
- cereal
- potatoes
- rice
- couscous
- chickpeas
- crackers
- sweet potatoes
- corn on the cob
- bananas

Protein

SHOPPING LIST

Protein helps our bodies to grow and repair themselves. Foods that are high in protein include:

- meat
- fish
- beans
- lentils
- milk
- yoghurt
- eggs
- tofu
- chickpeas
- nuts
- sunflower seeds
- peas

Fats

Fats give our bodies **energy**. Foods that are high in fat include:



oils

nuts

cheese

avocado

butter

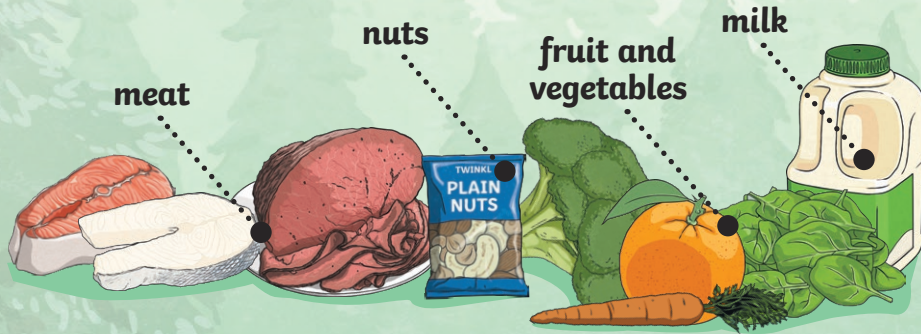
As well as providing **energy**, fats also help the body to **absorb** important vitamins. The Eatwell Guide advises people to cut down on the amount of fat they eat and to choose foods that have more unsaturated fats than saturated fats.

Type of Fat	Definition	Found in...
saturated fats	types of fats considered to be less healthy which should only be eaten in small amounts	sausages, bacon, cheese, ice cream, cakes, biscuits, chocolate
unsaturated fats	fats which give you energy , vitamins and minerals	oily fish, olive oil, nuts, avocados, seeds, peanut butter

Vitamins

Vitamins help to fight infection and keep our skin, blood and bones healthy.

Foods high in vitamins include:



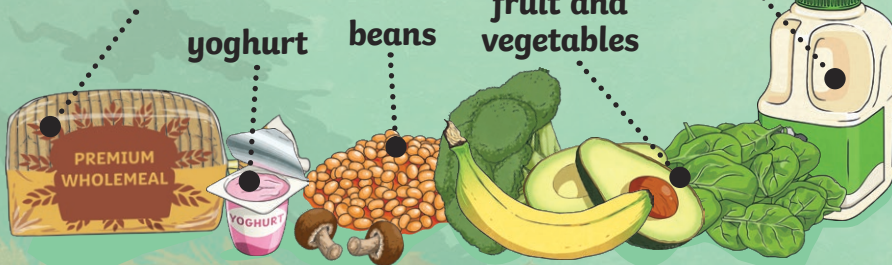
Most people and older children should be able to get all the vitamins they need from the food that they eat if they have a healthy, balanced diet. However, younger children and babies might take extra vitamins in the form of tablets.

Minerals

Minerals keep your body healthy.

Foods high in minerals include:

wholemeal bread

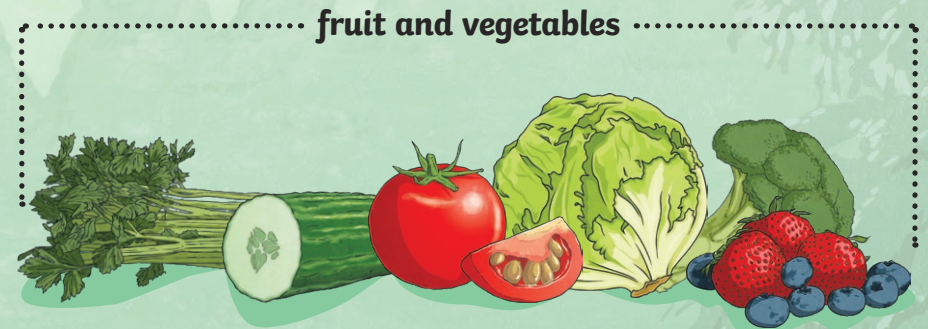


Some examples of minerals which our bodies need include calcium, iron, magnesium, potassium and zinc.

Water

Water helps to move nutrients in your body and get rid of waste that you don't need.

It is very important to drink plenty of water, as it is an essential nutrient for **survival**. Remember - many foods contain water too. Foods high in water include:



The Eatwell Guide advises that people drink 6-8 glasses of liquid each day. Although water is the healthiest choice, low-fat milk, sugar-free drinks and tea and coffee can count towards the 6-8 glasses of liquid a day. It is advised that people drink no more than 150ml of fruit juice or smoothie each day as these contain lots of sugar.

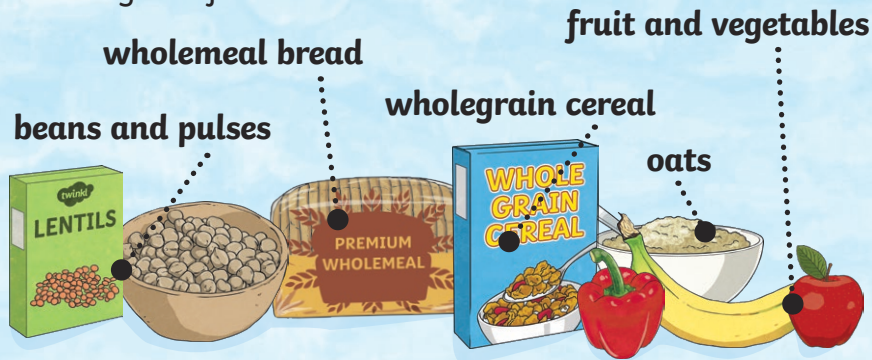
Have you been drinking lots of water today?



Fibre

Fibre helps you to digest the food that you have eaten.

Foods high in fibre include:



Fibre is found in foods that come from plants. It helps food to move out of the body by bulking up **stools** so that they move well through the **bowel**. Fibre also helps to make **stools** soft which prevents **constipation**.



Most people do not eat enough fibre. Adults should eat **30g** of fibre daily and children aged 5-11 should eat **20g** of fibre every day. Eating plenty of vegetables and fruit with edible skins, as well as wholegrain cereals and bread, can help us to get enough fibre.



A Balanced Meal

The Eatwell Guide shows us how much of each of the different food groups we should include in our diets, so that we get all of the nutrients that our bodies need.

Here is a jacket potato topped with tuna, cannellini beans and peppers and served with a side salad.



Here are the main food groups that each of the ingredients in this meal belongs to and the main nutrients that they contain:

Food	Main Food Group	Nutrients
Jacket potato	Potatoes, Bread, Rice and Pasta	Carbohydrates, fibre, minerals
Tuna	Beans, Fish, Eggs, Meat and Pulses	Protein, unsaturated fat and minerals
Cannellini beans	Beans, Fish, Eggs, Meat and Pulses	Protein, vitamins, minerals
Vegetables	Fruit and Vegetables	Vitamins and minerals