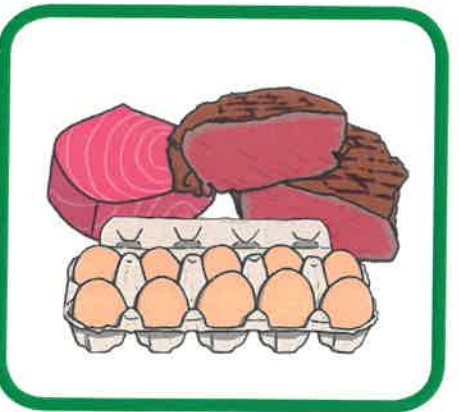


# Food Groups Matching

Draw lines to link these boxes.



I should eat these for energy

I should eat these to help me grow

I should eat five a day

I should eat these to keep my bones and teeth healthy

# Golden Gorillas

## Nutrition Food Groups - Activity Sheet

Draw a line to match the food group with good sources.

**Carbohydrates**

**Lipids (fats)**

**Protein**

**Vitamins**

**Minerals**

**Fibre**

Fish, meat, eggs and  
dairy products.

Fruits and vegetables.

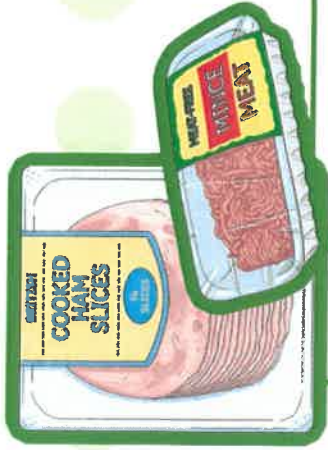
Salt, milk and liver.

Cereals, bread, rice  
and pasta.

Butter, oils and nuts.

Bran and vegetables.

# Food Groups



**Protein:**

Four horizontal lines for writing.

In the boxes below, write down everything you know about each food group. Why is each food group important? Can you give examples of the different foods in each food group?

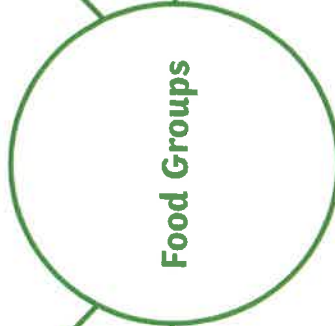


**Dairy and Alternatives:**

Four horizontal lines for writing.

**Carbohydrates:**

Four horizontal lines for writing.



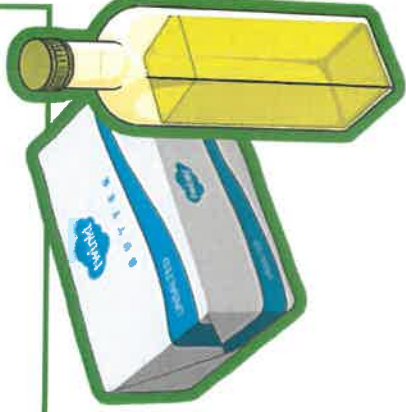
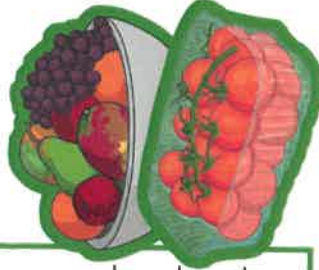
**Fats and Oils:**

Four horizontal lines for writing.



**Fruit and Vegetables:**

Four horizontal lines for writing.



white whales

Disclaimer: The nature of this resource requires independent, child-led research. It is advisable to use only pre-selected, child-appropriate sources of information and websites that are appropriate to their age. Please also be aware that there may be aspects of a topic or individual's life which may be controversial or upsetting to some. Due to this, we highly recommend that you carefully consider all research activities before undertaking them with children.



# A Balanced Diet

During his career as an entertainer, French performer Monsieur Mange-Tout (Mr. Eat-It-All) ate bikes, shopping trolleys, beds, televisions and even a Cessna 150 aeroplane!

To keep healthy, there are certain types of food we should eat in moderation. No metal is included! Find out about a healthy diet using the [Eatwell Guide](#).

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

- |           |                |           |               |                |
|-----------|----------------|-----------|---------------|----------------|
| chocolate | roast beef     | nuts      | ciabatta      | cheddar cheese |
| muesli    | doughnut       | cabbage   | fromage frais | cauliflower    |
| peas      | wholemeal loaf | cous cous | haddock       |                |
|           | cheese spread  | crisps    | mushroom      |                |

