

Balanced diet

Five different food groups



1. Meat, fish and eggs



These food
have protein
and this helps us
to grow.



2. Bread and cereals.



**This food
gives us energy.**



3. Fruit and vegetables.



**This food helps our
digestion and
has lots of vitamins and
minerals.**



4. Milk and dairy.



This food has calcium which is important for our bones and teeth.



5. Fat and sugar.



**This food is
not very good for us.
So it is important not
to eat it very often.**



Homework

- Ex. 6, p. 97