



pudding pie

Cookery School

FOOD GROUPS

What are they Called?	What do they do for you?	Where do you find them?
Carbohydrates	They give you energy.	In foods like, Potatoes, Rice, Cereals, Pasta, Bread and some Fruit and Vegetables.
Proteins	They help your body grow and repair itself.	In Meats, Poultry, Fish, Dairy Products, Eggs and Beans
Fats	They provide energy and help in building.	In Dairy Products, Red Meats, some Poultry and Fish
Fibre	It helps you digest your food.	In Cereals, Fruit, Bread and Vegetables.
Minerals	Iron is good for the blood. Calcium is good for you bones. Magnesium is good for your nerves.	Minerals are in lots of foods, but are especially in Fresh Fruit and Vegetables.
Vitamins	These are good for keeping your body healthy. They are good for your skin, bones and teeth.	Mostly in Dairy Products (Milk, Eggs, Butter) and Fresh Fruit and Vegetables.



1. Which two food groups give you energy?
2. Which food contains lots of Carbohydrates?
3. What are Proteins good for?
4. Where can you find Vitamins?
5. What are Iron, Calcium and Magnesium good for?
6. Vitamins are good for you _____ and _____
7. Proteins help your body _____ and _____ itself.
8. Fibre helps you _____ you food.
9. Carbohydrates and fats provide you with _____ so that you can do things.