



# pudding Pie

## Cookery School

### FOOD GROUPS

What are they Called?	What do they do for you?	Where do you find them?
<b>Carbohydrates</b>	They give you energy.	In foods like, Potatoes, Rice, Cereals, Pasta, Bread and some Fruit and Vegetables.
<b>Proteins</b>	They help your body grow and repair itself.	In Meats, Poultry, Fish, Dairy Products, Eggs and Beans
<b>Fats</b>	They provide energy and help in building.	In Dairy Products, Red Meats, some Poultry and Fish
<b>Fibre</b>	It helps you digest your food.	In Cereals, Fruit, Bread and Vegetables.
<b>Minerals</b>	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.
<b>Vitamins</b>	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.