

# Fruit and Vegetables

## Why do we eat them?

Eating plenty of fruit and vegetables helps to keep your body healthy and fight infections. You should eat at least five portions of fruit and vegetables a

day.

Meat, fish and  
alternatives

Foods containing fat  
Foods containing sugar

Milk and  
dairy foods



# Meat and Fish

## Why do we eat them?

These give the body protein, which helps the body to grow and repair itself. Have some of these foods every day.

Meat, fish and  
alternatives

Foods containing fat  
Foods containing sugar

Milk and  
dairy foods

# Bread, Potatoes and Cereals

## Why do we eat them?

Starch is a type of carbohydrate. Your body needs carbohydrates to give you energy. You should eat lots of starchy foods every day.

Meat, fish and  
alternatives

Foods containing fat  
Foods containing sugar

Milk and  
dairy foods

# Milk and Dairy Foods

## Why do we eat them

They contain protein, minerals including calcium and lots of vitamins. They help keep your bones and teeth strong and healthy. Have some foods from this food group everyday.

Meat, fish and  
alternatives

Foods containing fat  
Foods containing sugar

Milk and  
dairy foods

# Foods containing Fat or Sugar

**Foods containing sugar** - biscuits, cakes, puddings, ice cream, chocolate, sweets, crisps, sugary drinks. Don't eat these foods too often. Save them for treats.

Meat, fish and  
alternatives

Foods containing fat  
Foods containing sugar

Milk and  
dairy foods



Fruit and vegetables

Bread, other cereals and potatoes

Meat, fish and alternatives

Foods containing fat and oils  
Foods containing sugar

Milk and dairy foods

Be bright!

Fruits and vegetables

Bread, other cereals and potatoes



Meat, fish and  
alternatives

Foods containing fat  
Foods containing sugar

Milk and  
dairy foods

Fruits and vegetables

Bread, other cereals and potatoes



Meat, fish and  
alternatives

Foods containing fat  
Foods containing sugar

Milk and  
dairy foods