



Activity 2: Food Groups Sort

Place the following foods into the correct food group. There should be 5 in each circle. The information on page 5 will help you.

peanuts	oranges	chicken	cheese	apple
peas	porridge	yoghurt	banana	broccoli
sour cream	eggs	rice	mango	potato
tuna	potato	noodles	corn	ice cream
bread	whipped cream	carrot	corn flakes	watermelon



Milk, yoghurt, cheese



Meat, fish, poultry, eggs,
nuts, legumes



Fruit



Breads, cereals, rice, pasta,
noodles



Vegetables



How Food Helps our Body

Your body is like a machine. It needs fuel to keep going. You get the fuel you need from the food you eat. To keep healthy, you need a variety of fuels and a variety of foods.



Type of fuel	What it is for	Where to get it
Protein	Builds muscles, organs and glands; repairs damage	meat, chicken, fish, eggs, nuts, dairy, legumes
Carbohydrates	Supply energy to the cells in the body	bread and cereals, pasta, rice, fruits, vegetables
Fats	Helps our body stay warm, protects some organs, reserves energy, keeps skin and hair healthy	meats, eggs, butter, oils, chips, salad dressing
Vitamins and minerals	Helps normal growth of skin, teeth, gums, bones, eyes, and internal organs.	milk, butter, leafy vegetables, liver, fruit
Water	Helps make up blood, saliva, all cells and tissues in the body	water
Fiber	Helps the body with digestion and getting rid of wastes.	Fruit, vegetables, legumes



Activity 5: You are what you eat

How balanced is your diet? Keep a food diary. Write down everything you eat and drink for a day then count your serves and add up your score.

Food Diary for _____
Breakfast
Morning tea
Lunch
Afternoon tea
Dinner
Supper
Other foods

