

Food Groups

A food group is a group of foods with similar nutritional values. A diet with the correct balance of minerals, vitamins, fibre, protein and fats is important. For this reason, it is helpful to know about the different food groups. There are five main food groups: grains, vegetables, fruits, protein and dairy.

Grains

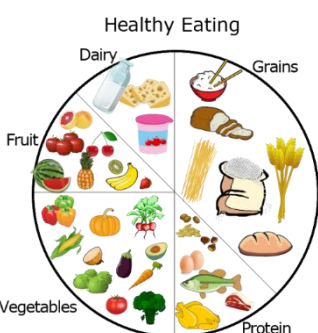
Foods in the grains group include rice, pasta, bread, cereal and more. Some foods in this group are whole grains while others are refined grains. Whole grain foods contain every part of the grain and are much healthier. Whole grains are a great source of fibre, carbohydrates, protein as well as vitamins and minerals. By the age of 9, children should be having 4 to 5 serves of grains every day.

Fruits and Vegetables

It is important that fruits and vegetables take up a large part of our diet. They both provide us with vitamins, minerals and fibre; all things our bodies need to stay healthy. Different fruits and vegetables help our bodies in different ways. Eating a variety of different colour fruits and vegetables is a good way to make sure we are getting the benefits that these two food groups offer. By the age of 9, children should be eating 5 servings of vegetables and 2 pieces of fruit every day.

Proteins

Foods such as lean meats, fish, nuts and beans contain high amounts of protein. Protein is used by the body to build and repair the muscles. Protein is also used to make important chemicals that keep us healthy. By the age of 9, children should be having 2 ½ serves of protein every day.



Dairy

Dairy foods are products made from the milk of mammals (usually cows). This includes milk, yogurt and cheese. Dairy foods are a fantastic source of calcium. Calcium is one of the most important minerals for our body. It helps keep our bones and teeth strong. By the age of 9, children should be having 2 ½ to 3 ½ serves of dairy every day.

H	S	P	Q	W	W	N	J	K	J	A	P
W	N	U	B	V	G	C	I	F	E	R	D
F	I	S	D	E	S	Y	O	S	Z	M	C
Q	E	P	C	G	C	O	I	T	X	B	D
Y	T	U	J	E	D	J	R	I	K	A	T
G	O	O	J	T	E	L	K	U	I	B	X
N	R	R	C	A	H	O	Y	R	X	S	V
V	P	G	M	B	L	B	Y	F	C	N	R
B	H	R	M	L	S	P	L	L	C	I	V
T	I	R	Q	E	E	C	N	A	L	A	B
C	G	Z	W	S	E	W	Q	J	Y	R	A
D	G	Y	Q	Q	F	X	E	Q	K	G	A

food	groups	grains	vegetables
dairy	balance	fruits	proteins

Eating the correct balance of foods is important for a strong body and a healthy heart!