

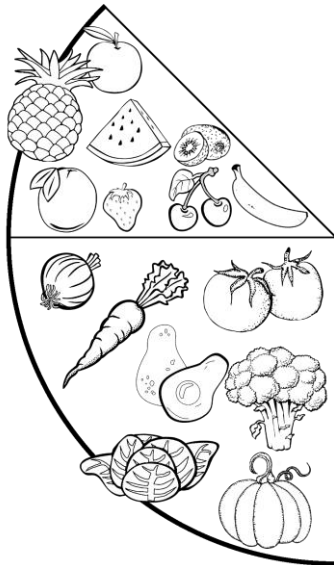
# Food Groups

Level 4

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 useful to know all about 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.

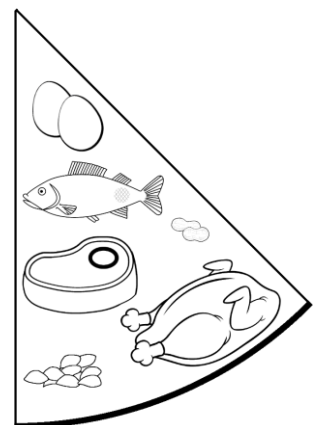


## Fruits and Vegetables

It is important that fruits and vegetables make 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.

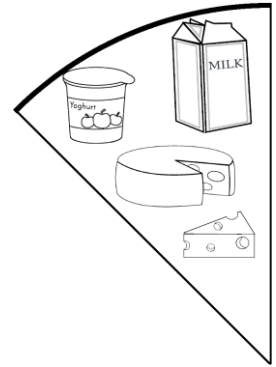
## Proteins

This food group includes lean meats, fish, nuts and beans. These foods contain a lot 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.



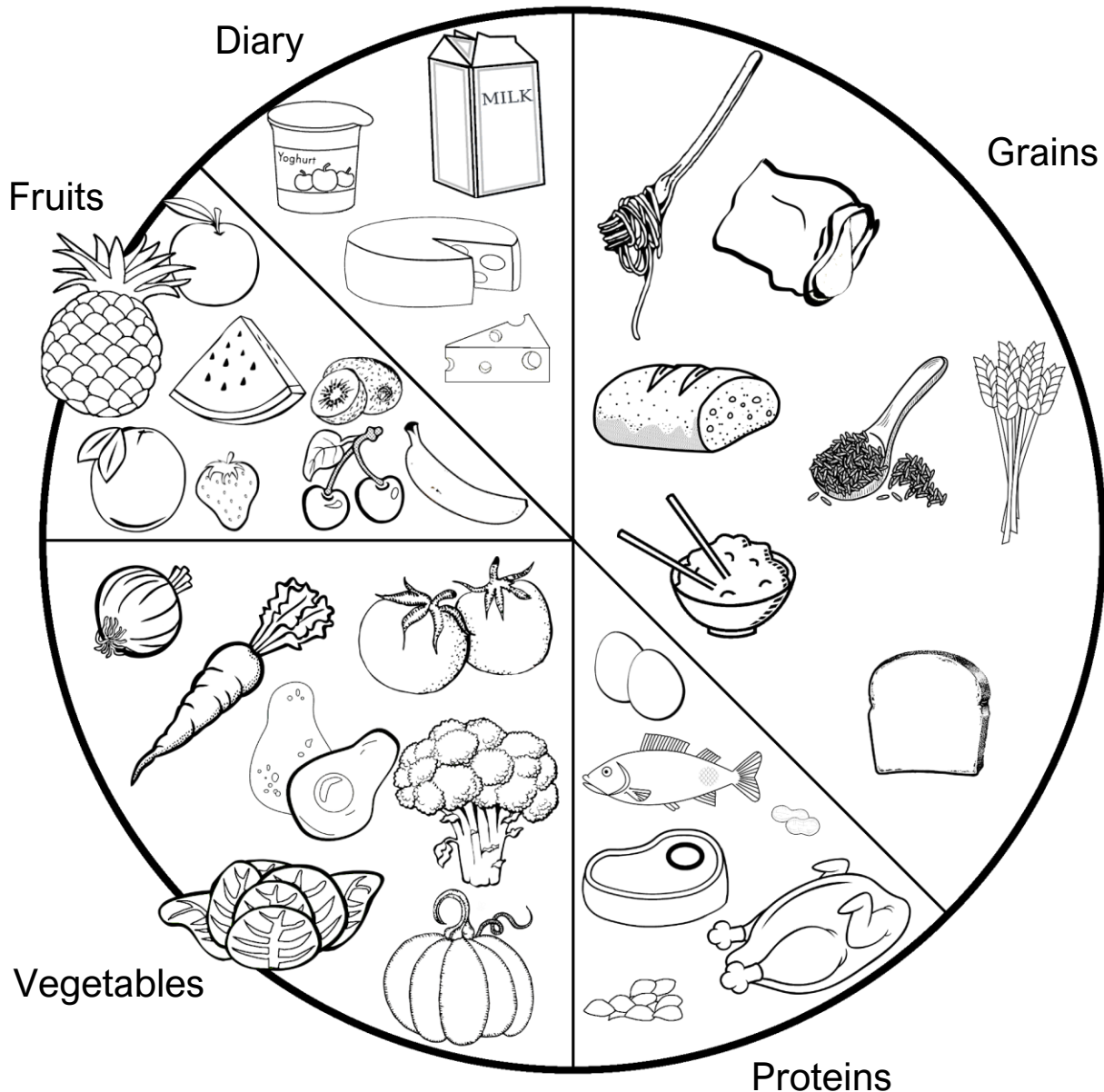
**Dairy**

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.



Eating the correct balance of foods is important for a strong body and a healthy heart. The Healthy Eating Plate below shows the proportion of the five food groups recommended in an everyday diet.

**Healthy Eating Plate**



# Questions

Food Groups – Level 4

1. How many servings of protein should a 9-year-old have every day? \_\_\_\_\_

2. Why is calcium important for our bodies?

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3. List the 5 different food groups.

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4. Why does the author suggest it is important to understand the different food groups?

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5. Are all types of grains equally healthy for us? Explain.

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6. Explain why eating a balance of foods is important.

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7. Why the Healthy Food Plate might be good to display in someone's kitchen?

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# Answers

## Food Groups – Level 4

1. How many servings of protein should a 9-year-old have every day? **2 ½ serves**

2. Why is calcium important for our bodies?

**Calcium is important because it keeps our bones and teeth strong.**

3. List the 5 different food groups.

**Grains, fruits, vegetables, proteins and dairy.**

4. Why does the author suggest it is important to understand the different food groups?

**Understanding the different food groups is important in order to be able to eat a balanced diet.**

5. Are all types of grains equally healthy for us? Explain.

**No, whole grain foods are much healthier than refined grains because they contain every part of the grain.**

6. Explain why eating a balance of foods is important.

**The foods from each food group help our bodies in different ways. If we eat a balanced diet, we can be sure our bodies are getting the nutrients they need.**

7. Why the Healthy Food Plate might be good to display in someone's kitchen?

**Answers may vary. The Healthy Food Plate could be used to make sure the meals that are prepared have a balance of foods from the different food groups and in the appropriate proportions.**