

Fruit and Vegetables



Provide vitamins to keep us well



Examples



Carbohydrates



Provides energy for our brain and body



Examples



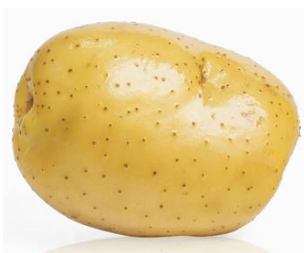
Bread



Cereals



Pasta



Potato



Rice



Pitta bread

Protein



Helps us to grow and repair



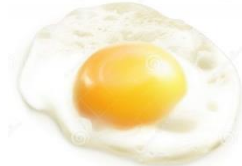
Examples



Fish



Chicken



Egg



Beans



Nuts

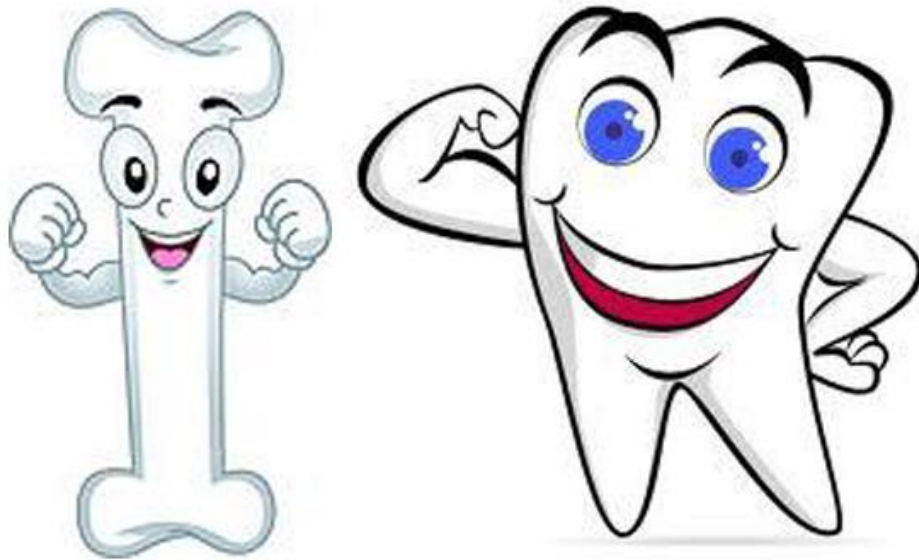


Lentils

Milk and Dairy



For strong teeth and bones



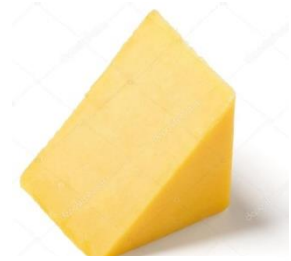
Examples



Milk



Yoghurt



Cheese



Cottage cheese

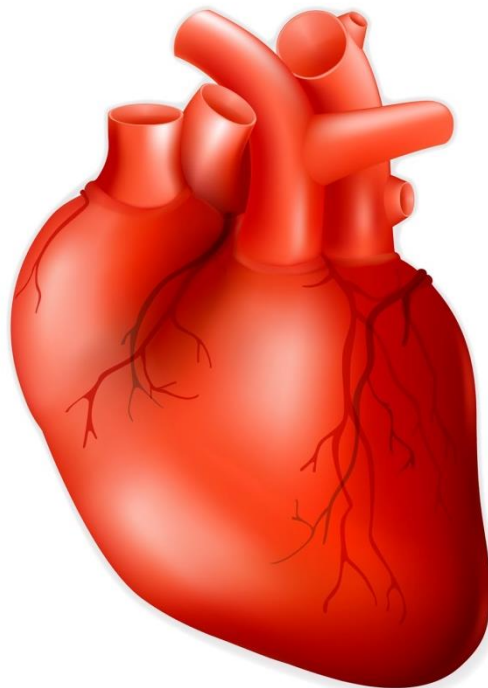


Milk alternatives

Oils and Spreads



Protect our heart and
maintain body cells



Examples



Olive oil



Low fat spread

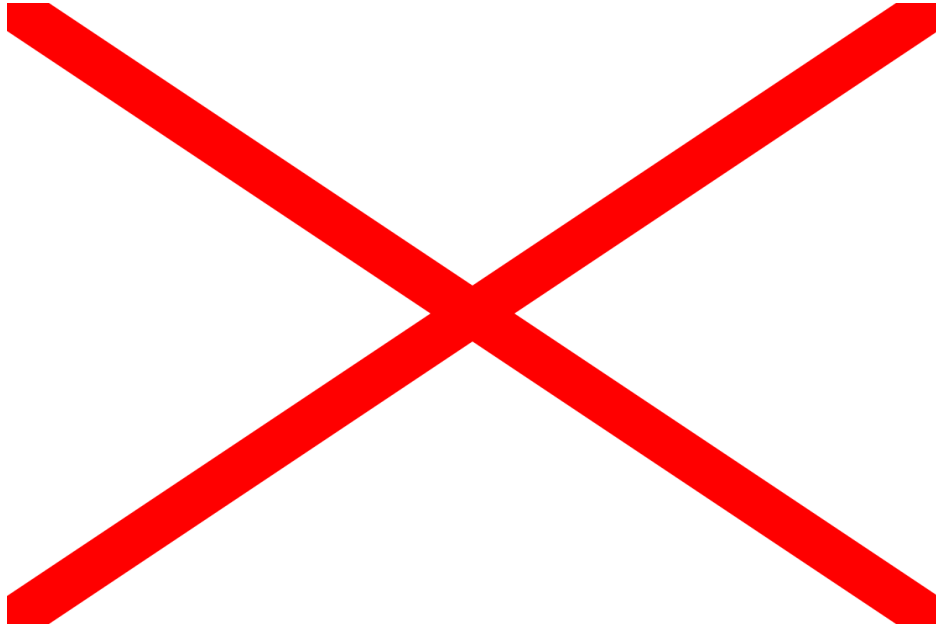


Rapeseed oil

Food and drink high in fat and sugar



No health benefits



Examples



Fizzy drinks



Sweets



Ice cream



Energy drinks



Ketchup



Fast food



Cake



Chocolate