

What's on your plate?

The food we eat can be divided up into five food groups.

To keep healthy, we should eat a balanced diet which means eating a variety of foods in the right proportions!

Try to eat '5-a-day' or more of this food group!

This food group is an important source of energy!

This food group is a good source of protein!

Try to eat low fat alternatives when eating food from this group!

This food group contains 'sometimes' foods and shouldn't be eaten too often!

Using the information by each section, correctly label each section of the Eatwell plate with one of the following labels:

- Bread, rice, potatoes, pasta (energy-rich, starchy foods) (CHO)
- Fruit and vegetables (F&V)
- Meat, fish, eggs, beans and other non-dairy sources of protein (NDP)
- Milk and dairy foods (DP)
- Foods and drinks high in sugar and/or fat and/or salt (F&S)

Look at this list of foods. List as many as you can in the correct section of the Eatwell Plate!

Food		Food group
• Crisps	→	_____
• Cheddar cheese	→	_____
• Pasta	→	_____
• Beef burger	→	_____
• Toast	→	_____
• Peas	→	_____
• Broccoli	→	_____
• Yoghurt	→	_____
• Cabbage	→	_____
• Nuts	→	_____
• Porridge	→	_____
• Potatoes	→	_____
• Salmon	→	_____
• Doughnut	→	_____
• Chocolate	→	_____
• Cupcakes	→	_____
• Cream crackers	→	_____
• Chicken drumstick	→	_____
• French fries	→	_____
• Pineapple	→	_____
• Cheese spread	→	_____
• Peanuts	→	_____
• Tin of tuna	→	_____
• Cauliflower	→	_____
• Pizza	→	_____
• Ice-cream	→	_____
• Leg of lamb	→	_____
• Lentils	→	_____
• Glass of fruit juice	→	_____