

LO: To be able to understand that the food we eat can be broken down into food groups

## Food Groups

**Fruit and vegetables**

**Carbohydrates (bread and pasta)**

**Proteins (meat,  
fish and eggs)**

**Dairy products (milk  
and cheese)**

**High energy foods (fats  
and sugars)**

The healthiest food I ate yesterday was:

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The unhealthiest food I ate yesterday was:

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*Design your own healthy food plate.*