

# Balanced diet

Five different food groups



# 1. Meat, fish and eggs





**These food  
have protein  
and this helps us  
to grow.**



## 2. Bread and cereals.



**This food  
gives us energy.**





# 3. Fruit and vegetables.



**This food helps our  
digestion and  
has lots of vitamins and  
minerals.**





# 4. Milk and dairy.





**This food has calcium which is important for our bones and teeth.**



# 5. Fat and sugar.





**This food is  
not very good for us.  
So it is important not  
to eat it very often.**



# Homework

- Ex. 6, p. 97