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.





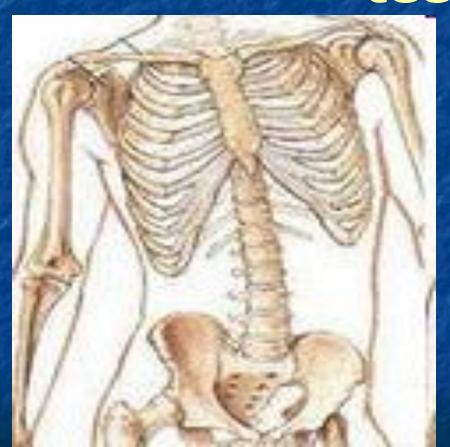
This food helps our digestion and has lots of vitamins and minerals.



4. Milk and diary.



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