



# Food Groups

# The Eatwell Plate

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

An average meal should be made up of one-third carbohydrates and one-third fruit and vegetables, with the remaining one-third split between dairy, protein and a little bit of fat.

## Food Groups

### Fruit and Vegetables

Aim to eat 5 a day! Dried, frozen and tinned fruit and vegetables count as well as fruit juices. Important as sources of vitamins and minerals which reduce your risk of disease and keep you healthy. Limit fruit juices and/or smoothies to 150ml a day.

### Meat, Fish, Eggs, Beans and Other Non-Dairy Sources of Protein

These are very important for helping us grow and build muscles. Try to eat 2 portions of fish a week, and try to reduce intake of red meat.

### Oil and Spreads

Choose unsaturated oils and use in small amounts.

### Bread, Rice, Potatoes, Pasta and Other Starchy Foods

These are important for giving us energy.

### Milk and Dairy Foods

These are important for strong teeth and bones.

### Food and Drinks High in Fat and/or Sugar

Eat less often and in small amounts.





# World Diets



People around the world eat a wide variety of food. Some food you might be familiar with and some you may never have seen before.



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# World Diets

Can you name the foods in this photo and name their food groups?



## **Paella**

The dish is widely regarded as Spain's national dish, as well as a regional Valencian dish.



# World Diets

Can you name the foods in this photo and name their food groups?



## **Bento** (弁当 bentō)

Japanese bento contains rice, fish or meat, with pickled or cooked vegetables, served in a box.

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# World Diets

Can you name the foods in this photo and name their food groups?



## **Biryani**

Biryani is a mixed rice dish from the Indian subcontinent.



# World Diets



Can you identify any similarities between the types of food eaten around the world?



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# World Diets

The food we eat may differ, however, we all need food to:



stay healthy



give us  
energy



help us grow

For this reason the foods groups are the same.

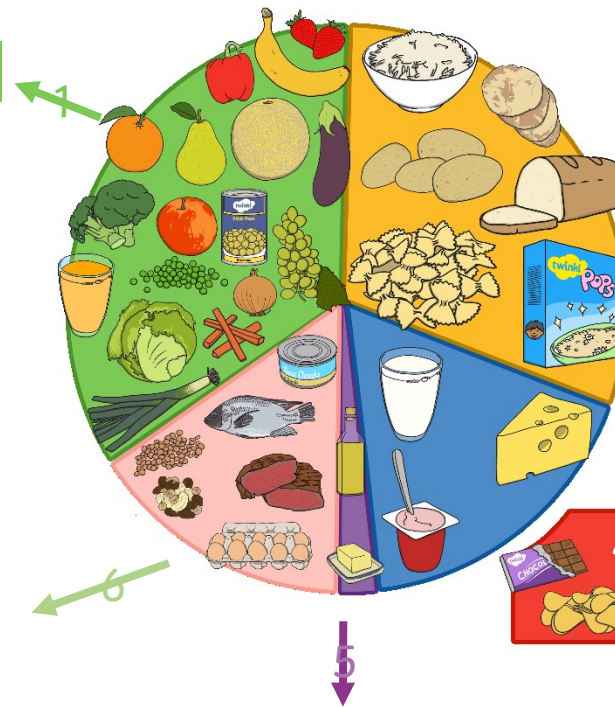


# What Have We Learnt?

Although there are lots of different foods, diets around the world are based on similar food groups to help people to stay healthy.

Most diets in the world are made up of:

Fruit and Vegetables.



Bread, rice, potatoes, pasta and other starchy foods, e.g. yam, plantain, couscous (sometimes these are known as staple foods, forming the bulk of the diet.)

Milk and dairy foods.

Meat, fish, eggs, beans and other non-dairy sources of protein.

4 Foods high in sugar

Oils and sugars.



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