

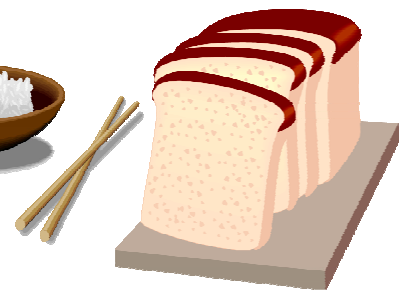
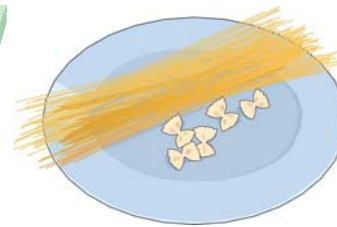
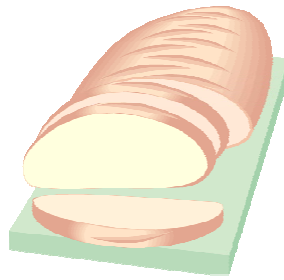
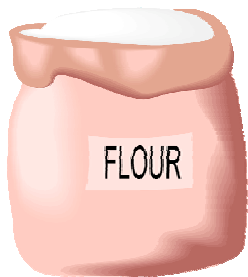
Types of food

Our bodies need
a variety of
different foods
to stay healthy.



Carbohydrates

Carbohydrates are in starchy and sugary foods. Carbohydrates give you energy.



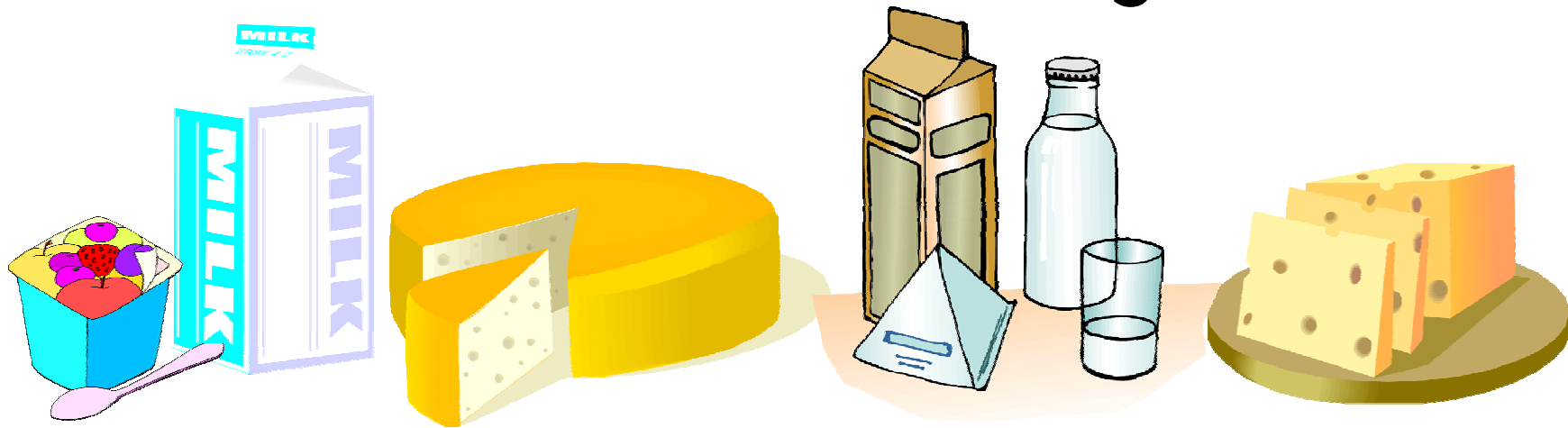
Fruits and Vegetables

Fruits and vegetables contain vitamins and minerals that help your body grow. You should eat 5 a day.



Dairy

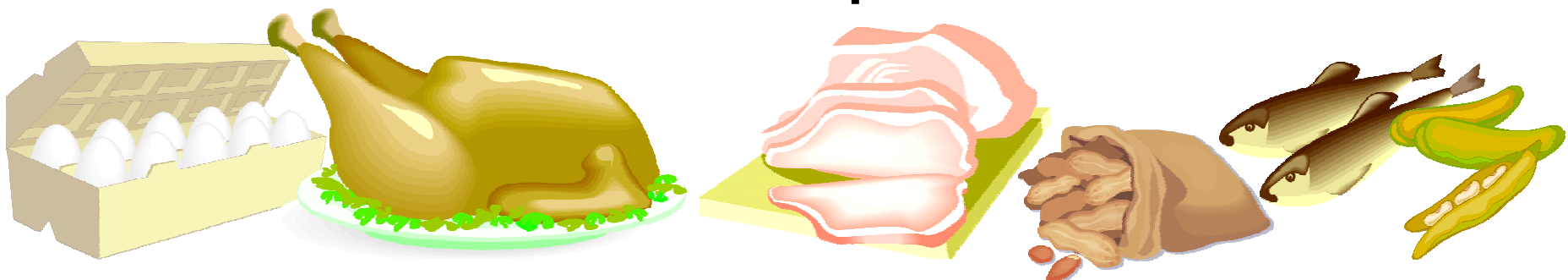
Dairy foods are full of calcium.
Calcium helps keep your bones
and teeth strong.



Proteins

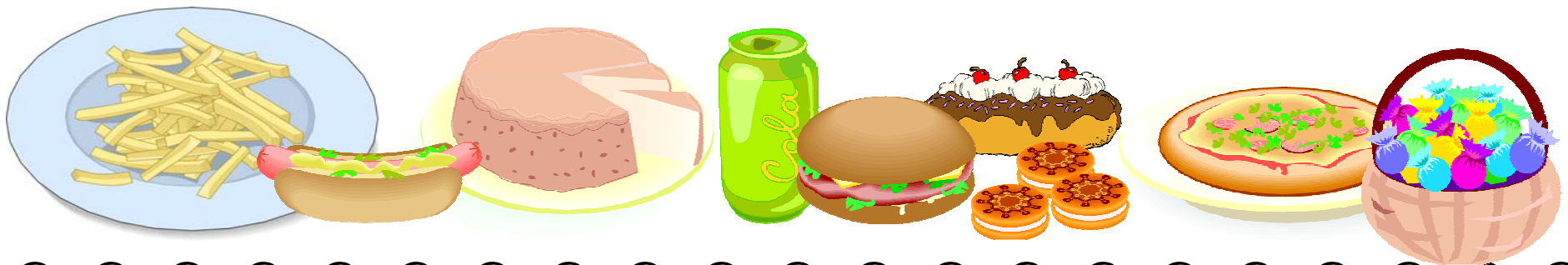
Proteins give your body energy
and help it recover from illnesses.

Proteins are in meat, fish, eggs,
nuts and pulses.

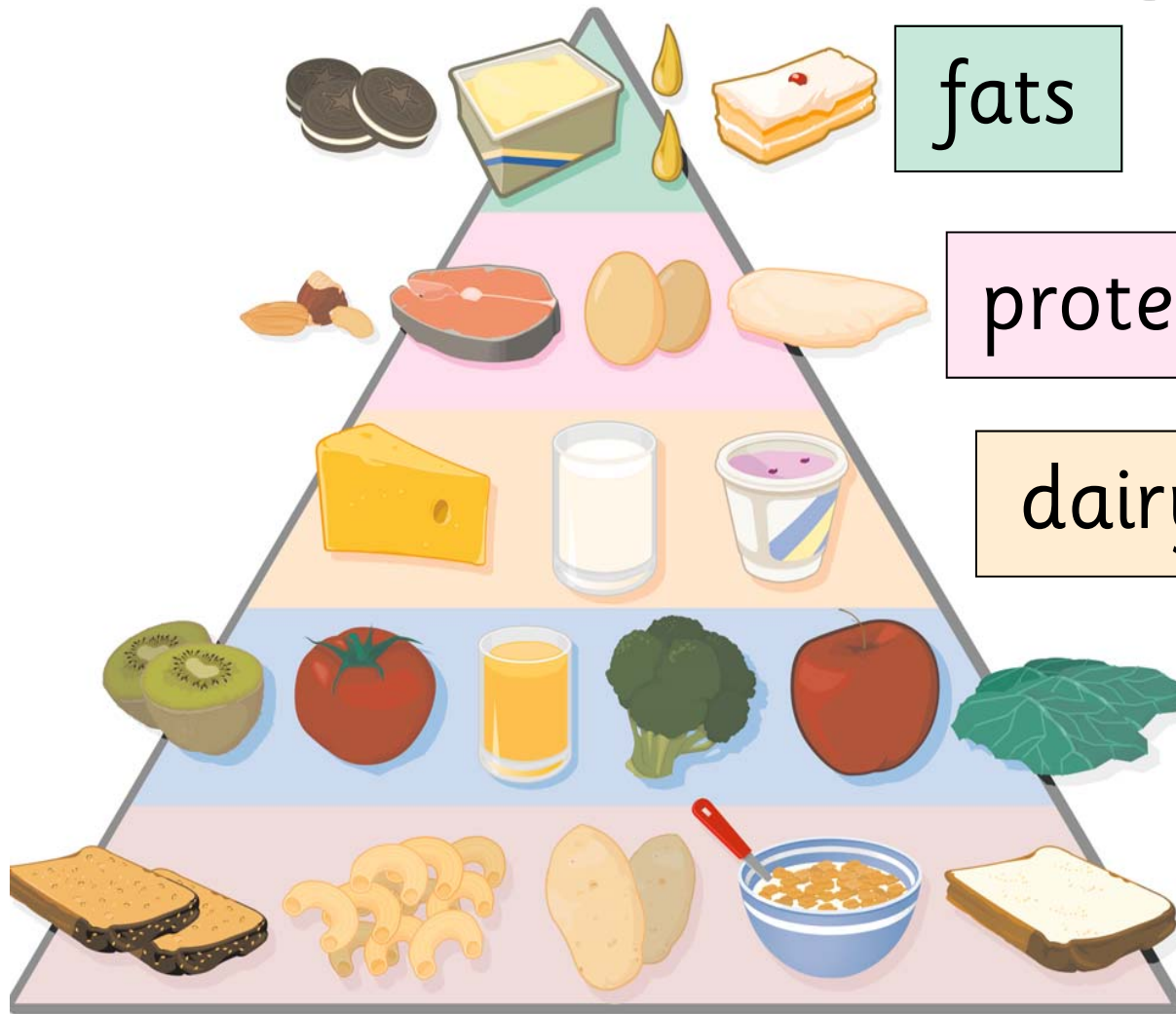


Fats and Sugars

Your body needs fats and sugars
but only in small amounts. You
cannot eat too many of these,
however tasty they may be!



The Food Pyramid



fats

protein

dairy

fruit and vegetables

carbohydrates

A food pyramid shows us the correct amount, from each food group, that we should eat every day to maintain a balanced diet.

