Name:

Food Groups and Nutrients

bit.ly/egg26

Vegetables and Fruit

Packed full of v _____ minerals, and fibre.

Eating a _____ of colours helps our body in different ways.

Try to eat ____ + (handfuls) a day!



Guess the colours

_____ = keep your **heart** healthy

Orange = support healthy _____

_____ = support our **immune system**

Green = supports _____ health

_____ / blue = for boosting **memory**

White/Brown = give your body _____

Milk Products

Cow's milk Yoghurt Cheese

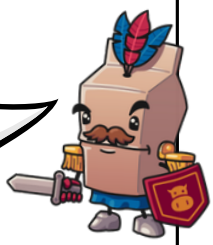
Soy milk Almond milk Oat milk

Lactose-free milk

Circle your favorites!

Give us c _____ for building strong bones and teeth.

Did you know our bones keep growing stronger until around _____ years old?



Give us p _____ for our muscles

Grain Foods

Bread Wraps Weet-bix Oats Pasta

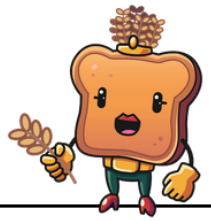
Rice Noodles Crackers Plain popcorn

Circle your favorites!

Carbohydrates fuel our body and brain with e _____

Grain foods that are high in f _____ help our body in three ways:

1. Keeps us feeling **full**
2. **Cleans** the intestines
3. Helps us go to the **toilet**



Protein Foods

Eggs Chicken Beef Lamb Pork

Fish Seafood Tofu Chickpeas

Lentils Beans Nuts Seeds

Circle your favorites!

Protein helps our m _____ **grow**, **repair** and **strengthen**.



Having protein in meals or snacks helps us feel _____

Sometimes Foods

_____ in **fat, salt, and sugar,** and _____ in vitamins, minerals, and fibre.

Processed food fuels our body in a different way, but is still ok to **enjoy sometimes!**

Name:

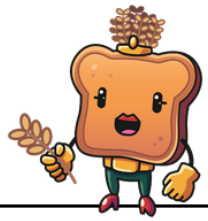
Food Groups and Nutrients

bit.ly/egg26

Vegetables and Fruit



Grain Foods



Protein Foods



Milk Products



Sometimes Foods