



HEALTHY AND UNHEALTHY HABITS

Look at the food groups and learn what they give us:

PROTEIN: proteins help us grow and repair our muscles.

DAIRY PRODUCTS: dairy gives us calcium and is good for our teeth and bones.

CARBOHYDRATES: carbohydrates give us energy.

FRUIT AND VEGETABLES: fruit and vegetables give us vitamins and minerals and keep us healthy.

OILS AND FATS: oils and fats give us energy, but you shouldn't eat too much.

READ	TRACE	WRITE	WRITE
PROTEIN	PROTEIN		
DAIRY	DAIRY		
CARBOHYDRATES	CARBOHYDRATES		
FRUIT AND VEGETABLES	FRUIT AND VEGETABLES		
OILS AND FATS	OILS AND FATS		

What are the 5 food groups that you need to be healthy?

Answers:

READ	TRACE	WRITE	WRITE
PROTEIN	PROTEIN	PROTEIN	PROTEIN
DAIRY	DAIRY	DAIRY	DAIRY
CARBOHYDRATES	CARBOHYDRATES	CARBOHYDRATES	CARBOHYDRATES
FRUIT AND VEGETABLES	FRUIT AND VEGETABLES	FRUIT AND VEGETABLES	FRUIT AND VEGETABLES
OILS AND FATS	OILS AND FATS	OILS AND FATS	OILS AND FATS

What are the 5 food groups that you need to be healthy?

Protein, dairy, carbohydrates, fruit and vegetables, oils and fats