

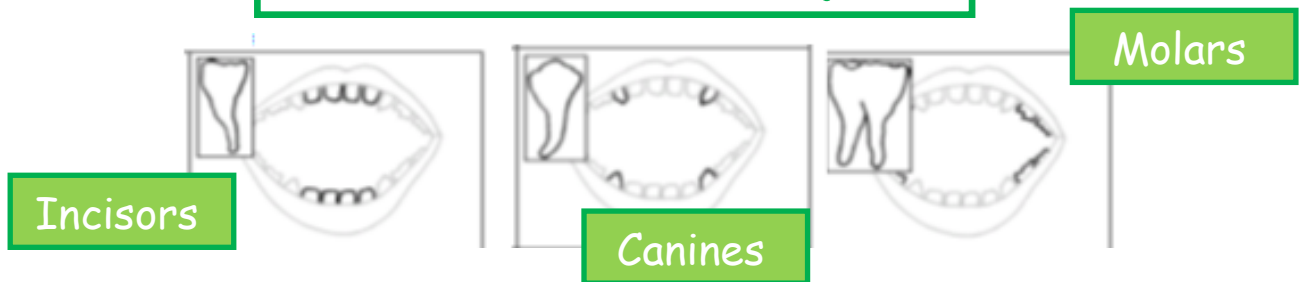
Year 3, Summer 2

The Eatwell Guide

This shows the different amounts of foods that people need to eat for a healthy, balanced diet. Sugary and processed foods are outside the circle because people do not need to eat them as part of a healthy balanced diet.



Scrummy!



Food groups

Fruit and Vegetables provide fibre to help digestion, carbohydrates and natural sugars for energy. They also contain vitamins and minerals to keep the body healthy.

Carbohydrates provide the body with energy.

Protein from meat, fish, eggs and pulses is needed by the body for building, repairing and maintaining body tissues that make up muscles, skin and other organs.

Dairy and alternatives contain protein, fat, vitamins and minerals, especially calcium, which is needed for healthy bones and teeth.

Oils and spreads contain fats, which are needed for energy, warmth and to protect the body's organs.

Vocabulary

Incisors	A front tooth, used for cutting food.
Molars	A flat tooth found at the back of your mouth used for grinding food.
Canines	A pointy tooth used for tearing food.
Nutrients	Food or drink that provides nourishment essential for the maintenance of life and growth.
Balanced Diet	A diet consisting of a variety of different types of food providing adequate amounts of nutrients.