Food Groups

Look carefully at the images of food groups below and then match the most appropriate label to each image by drawing a line.

Fats & Sugars  Vegetables  Dairy  Fruit  Meat & Eggs  Bread & Pasta

Describe the function of each of the following and list some example foods for each one.

<table>
<thead>
<tr>
<th>Function:</th>
<th>Example foods:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td></td>
</tr>
<tr>
<td>Fibre</td>
<td></td>
</tr>
</tbody>
</table>

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Food Groups (ANSWERS)

In some questions, alternative answers may be acceptable. The likeliest answers are given below. If questions have more than one answer, teachers should use their own judgement when marking.

Look carefully at the images of food groups below and then match the most appropriate label to each image by drawing a line.

- Fats & Sugars
- Vegetables
- Dairy
- Fruit
- Meat & Eggs
- Bread & Pasta

**Function:**
- **Protein:** Building and repairing body tissues. Help with the body's immune system.
- **Carbohydrates:** Providing the main source of energy for the body.
- **Fat:** Providing energy reserves and helping make hormones.
- **Fibre:** To help keep the digestive system nice and healthy.

**Example foods:**
- **Protein:** Milk, Cheese, Eggs, Soy, Meats
- **Carbohydrates:** Pasta, Bread, Grains, Sugar, Potatoes
- **Fat:** Avocados, Cheese, Eggs, Fish, Meat
- **Fibre:** Beans, Nuts, Fruit, Vegetables