

**Background information**

**(Pupil use)**

We need to eat a wide variety of foods to help us grow, provide energy and keep us healthy. We need food from four main groups every day.

**1** Starchy group. Some examples are all sorts of bread, rice, pasta, breakfast cereals, cereals such as oats and bulgar wheat, potatoes, sweet potatoes. We need at least four servings a day from this group. (A serving is a bowl of cereal, two slices of bread, or an average portion of rice, pasta or potato).



**2** Fruit and vegetables group. This includes all fruit and vegetables whether fresh, frozen or tinned, and unsweetened fruit juice. We need at least four servings a day from this group. (A serving is one piece of fruit such as an apple or banana, or a portion of vegetables).



**3** Dairy group. This contains milk, cheese, fromage frais and yoghurt. We need three servings a day from this group. (A serving is a glass of milk, a carton of yoghurt or a portion of cheese).



**4** Meat and things group. This includes all kinds of lean meat, fish and poultry, shellfish, eggs, beans, pulses, nuts and seeds. We need two servings a day. (A serving is an average portion of meat or fish or an egg dish such as an omelette).



**NB: Some things fit neatly into more than one group eg. baked beans can be considered vegetables or meat and things.**

We often eat food from a fifth group; but these foods should be eaten in small amounts and should not replace food from the four main groups:

**5** Sugary and fatty foods such as cakes, sweets, biscuits and fried foods. Try to cut down on fatty foods and eat sugary foods less often.



Links with *Curriculum Guidance 5: Health Education*

Links with National Curriculum subjects

**Food and nutrition**

- know that a diet is a combination of foods, each with a different nutrient content.

- know that different nutrients have different effects on the body and the amounts in the diet and balance between them can influence health, eg. sugar and dental health.

Science