

Which food groups do my favourite foods
fall into?

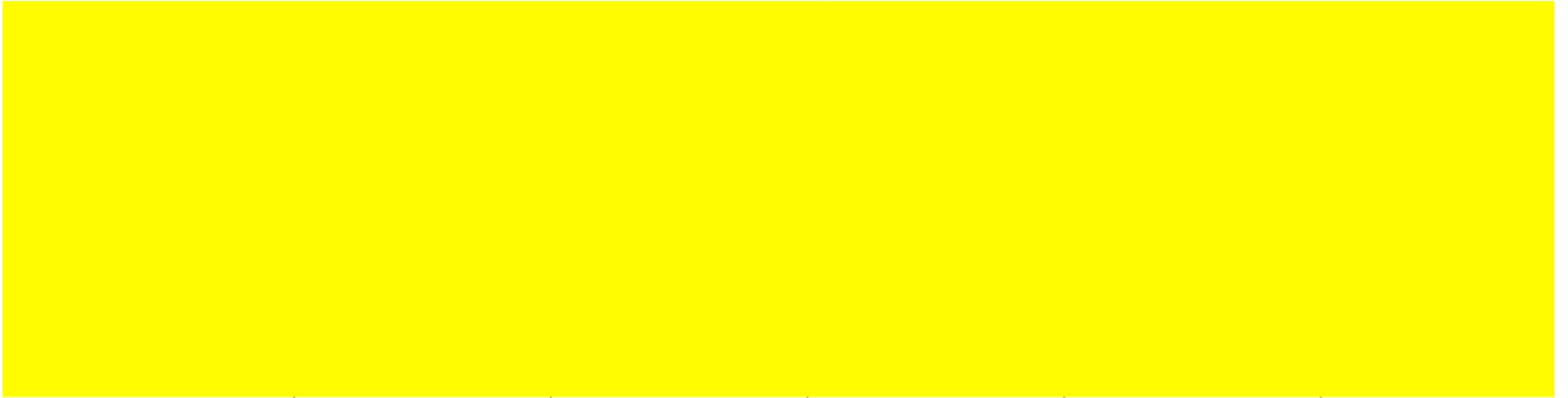
First of all, let's refresh our memories about the food groups...

Look through the 'Eatwell Guide' PDF document.

Choose a food from the Eatwell guide. Would you eat it on its own or with other foods?

Most meals and snacks are made up
several foods from different food groups:

Look through the 'Meals and Snack' PDF



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Dish	Fruit and vegetables	Potatoes, bread, rice, pasta and other starchy carbohydrates	Beans, pulses, fish, eggs, meat and other proteins	Dairy and alternatives	Oil and spreads
Pizza	Tomato sauce	Bread base	Chicken	Cheese	
Sandwich	Lettuce, Cucumber	Bread	Cheese		Spread
Shepherd's pie	Peas, Carrots	Potato	Lamb mince		Oil (cooking)

Find some different meals and snacks to analyse.

Name: _____

Pizza

Ingredients:

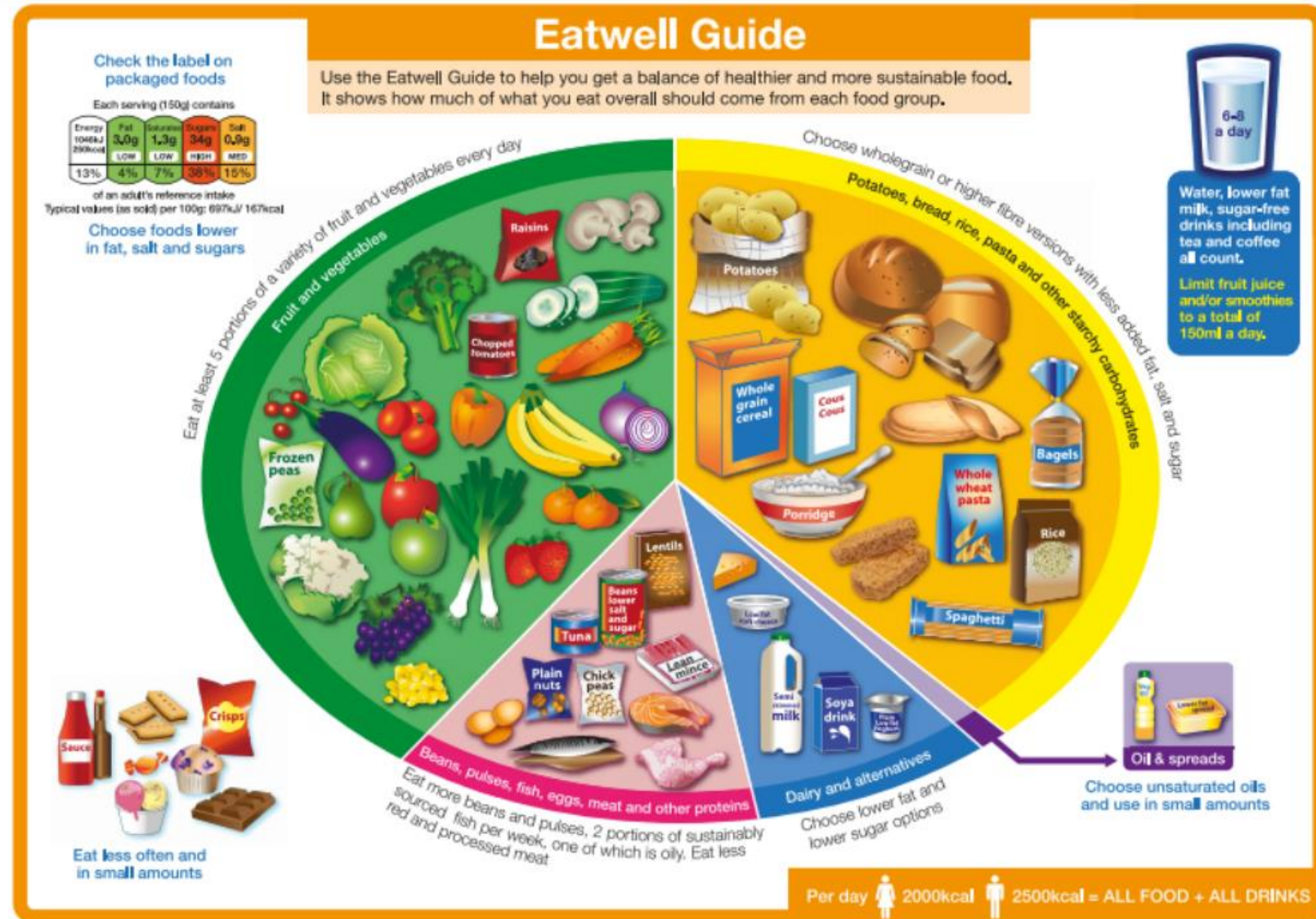
Bread

Pepperoni

Tick the food groups covered in the dish.



How much of each food should we eat?



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Food group	This group should make up:	Messages
Fruit and vegetables	Just over 1/3 of the diet (39%)	Eat plenty, have at least 5 A DAY
Potatoes, bread, rice, pasta and other starchy carbohydrates	Just over 1/3 of the diet (37%)	Eat plenty, have food from this group with every meal
Beans, pulses, fish, eggs, meat and other proteins	Around 12% of the diet	Eat some every day, include two portions of fish a week, one of which is oily
Dairy and alternatives	Around 8%	Eat some every day
Oil and spreads	Around 1%	Use in small amounts and less often

Foods high in fat, salt and sugars – these foods are not needed in the diet. If consumed, limit these and have them less often and in smaller amounts (no more than 3% of the diet).

How close to the Eatwell guide is YOUR diet?
Be honest!

Complete the food and drink diary task. Draw the foods in the correct section of the Eatwell guide.

How did you do?

What did you find out about your eating habits?

Do you think you should eat more or less of any types of foods?