

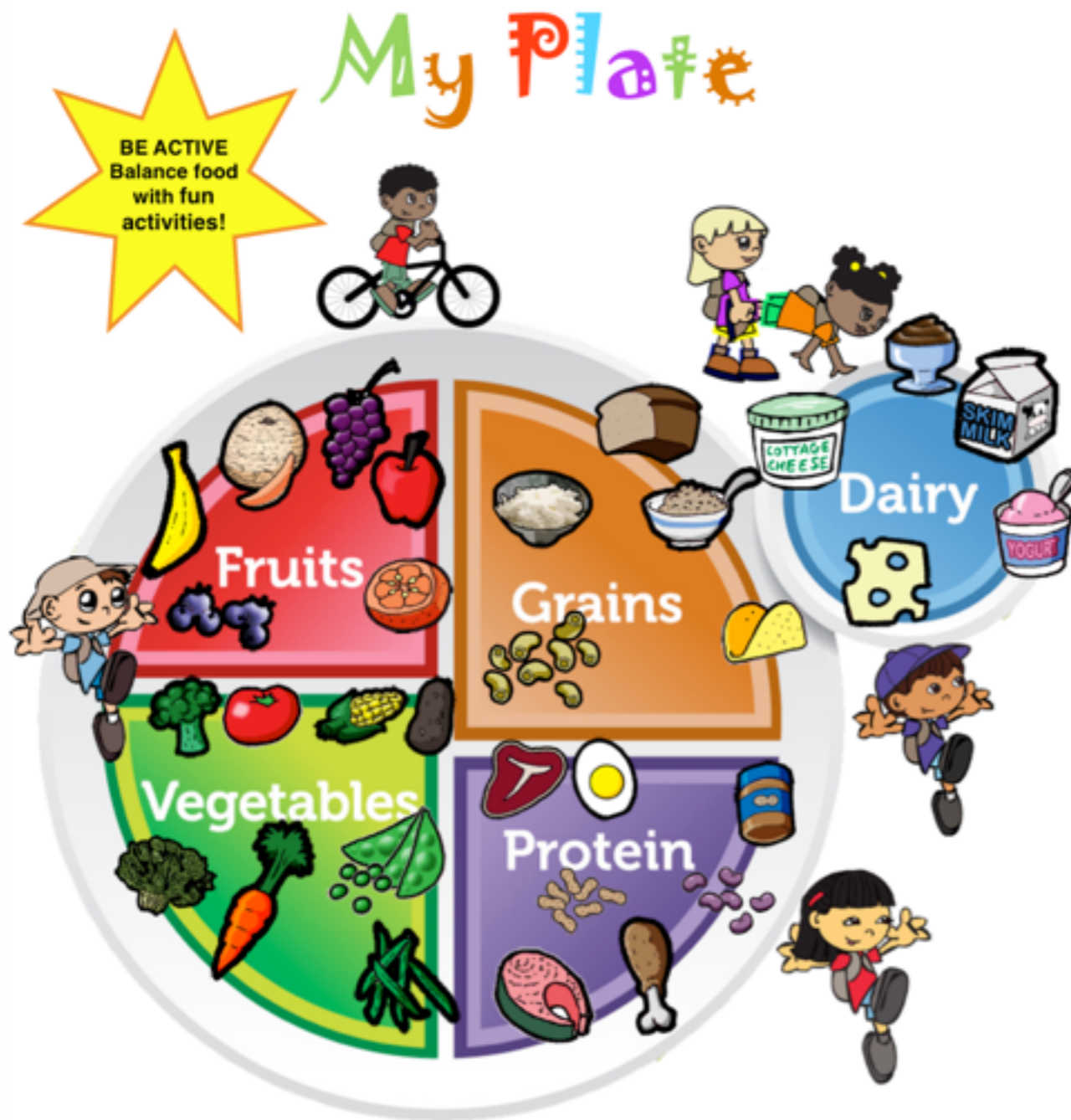
WHAT SHOULD WE EAT

HEALTHY EATING



.....
Food groups

THESE 5 GROUPS ARE VERY IMPORTANT IN OUR DIET!



GRAINS OR CARBOHYDRATES

VEGETABLES

FRUITS

PROTEIN

DAIRY

GRAINS Make half your grains whole!	VEGETABLES Eat different colors!	FRUITS Focus on Fruits!	MILK Your bones need calcium!	PROTEIN Go lean!
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Visit www.ChefSolus.com for printable food groups and information worksheets for kids, nutrition education games, Mypyramid puzzles, activities and food pyramid charts!
Fun healthy eating for kids Copyright © Nourish Interactive, All Rights Reserved

WHAT'S MY PLATE ALL ABOUT

*You are what
you eat*



GRAINS OR CARBOHYDRATES

*We should eat foods that
contain carbohydrates
every day*



GRAINS OR CARBOHYDRATES



CARBOHYDRATES GIVE OUR BODY ENERGY

THAT'S GOOD! IT'S HEALTHY

GRAINS CONTAIN



B VITAMIN



IRON



NATURAL SUGAR

GRAINS OR CARBOHYDRATES



Pasta



Wheat



Speltz



Oats



Rice



Corn



Barley



Bread



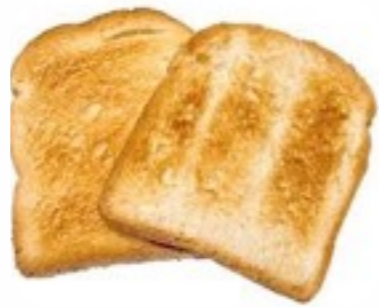
Quinoa



Pizza



Rye



Toast



Cereal



Breadsticks



Couscous

SOME FOOD IN THIS GROUP

FRUITS

*We should eat fruit
every day*





FRUITS KEEP OUR BODY HEALTHY
THAT'S GOOD! IT'S HEALTHY

FRUITS CONTAIN



VITAMINS



MINERALS



FIBERS

FIBERS HELP US TO DIGEST OUR FOOD AND KEEPS OUR INTESTINES HEALTHY.



NATURAL SUGAR

FRUITS



Apple



Pomegranate



Kiwi



Orange



Banana



Apricot



Strawberries



Melon



Plum



Grapes



Watermelon



Peach



Pear



Cherries



Pineapple

SOME FOOD IN THIS GROUP

VEGETABLES

*We should vegetables
every day*



VEGETABLES

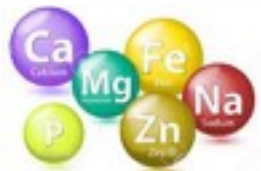


VEGETABLES KEEP OUR BODY HEALTHY
THAT'S GOOD! IT'S HEALTHY

VEGETABLES CONTAIN



VITAMINS



MINERALS



FIBERS

FIBERS HELP US TO DIGEST OUR FOOD AND KEEPS OUR INTESTINES HEALTHY.



NATURAL SUGAR

VEGETABLES



Pepper



Tomato



Cucumber



Mushroom



Eggplant



Carrot



Artichoke



Legumes



Cauliflower



Potato



Green beans



Spinach



Fennel



**Courgette or
zucchini**



Lettuce

SOME FOOD IN THIS GROUP

PROTEIN

*We should often eat foods
that contain protein*



PROTEIN



PROTEIN HELP OUR BODY TO GROW
THAT'S GOOD! IT'S HEALTHY

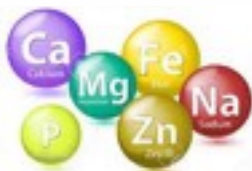
PROTEIN CONTAIN



IRON



VITAMINS



MINERALS

DO YOU KNOW?

Eat different types of protein.

Legumes are both Protein and Vegetables (they are in two different groups), because legumes contain protein.

Beef 🐮 and poultry 🐔 are different types of meat.



NOTICE THIS

- WE SHOULD EAT LESS MEAT
- WE SHOULD EAT MORE FISH
- DO NOT EAT TOO MANY EGGS IN A WEEK, IT'S NOT HEALTHY!



PROTEIN



Steak (beef)



Beans



Tuna fish



Fish



Lentils



**Turkey
(poultry)**



Hazelnuts



Soya



Walnuts



Egg



Peas



Peanuts



Almonds



Ham



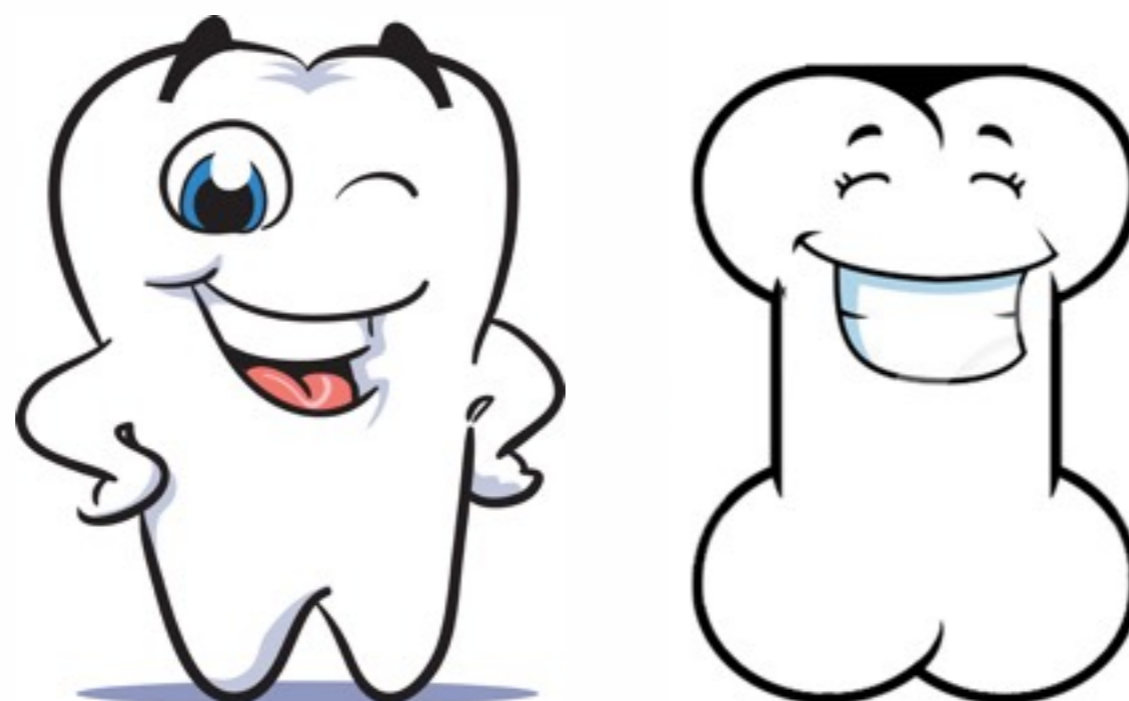
Chickpeas

SOME FOOD IN THIS GROUP

DAIRY

*Kids should eat dairy
foods every day*





MILK PROVIDES CALCIUM FOR STRONG BONES AND TEETH

THAT'S GOOD! IT'S HEALTHY

DAIRY CONTAINS



VITAMINS



PROTEIN



NATURAL SUGAR

NOTICE THIS

- **DAIRY FOODS CONTAIN FATS, SPECIALLY CHEESE AND BUTTER.**
- **LIMIT FATS!**



DAIRY



Milk



Beans



Cheese



Yoghurt



Whipped cream



Parmesan



Ice cream



Cream cheese



Soft cheese



Custard



Butter



Cheddar cheese



Blue cheese



Cottage cheese



Ricotta cheese

SOME FOOD IN THIS GROUP

SWEETS AND FATS

We should sometimes eat these foods. They are “once in a while” foods.



SWEETS AND FATS



DO NOT EAT SWEETS AND FATS EVERY DAY
THAT'S BAD! IT'S NOT HEALTHY

NOTICE THIS

- THESE FOODS CONTAIN LOTS OF FATS AND SUGAR.
- DO NOT DRINK TOO MUCH SODA EVERY DAY. IT'S NOT HEALTHY!



SWEETS AND FATS



Chocolate



Cake



Biscuits



Candies



Donuts



Cupcakes



Snacks



Pastries



**Soft drinks
(soda)**



Cheeseburger



Crisps



Hot dog



French fries



Popcorn



Fried chicken

SOME FOOD IN THIS GROUP

**NOW DO YOU KNOW HOW
TO BE HEALTHY?**



CHOOSE HEALTHY!

