



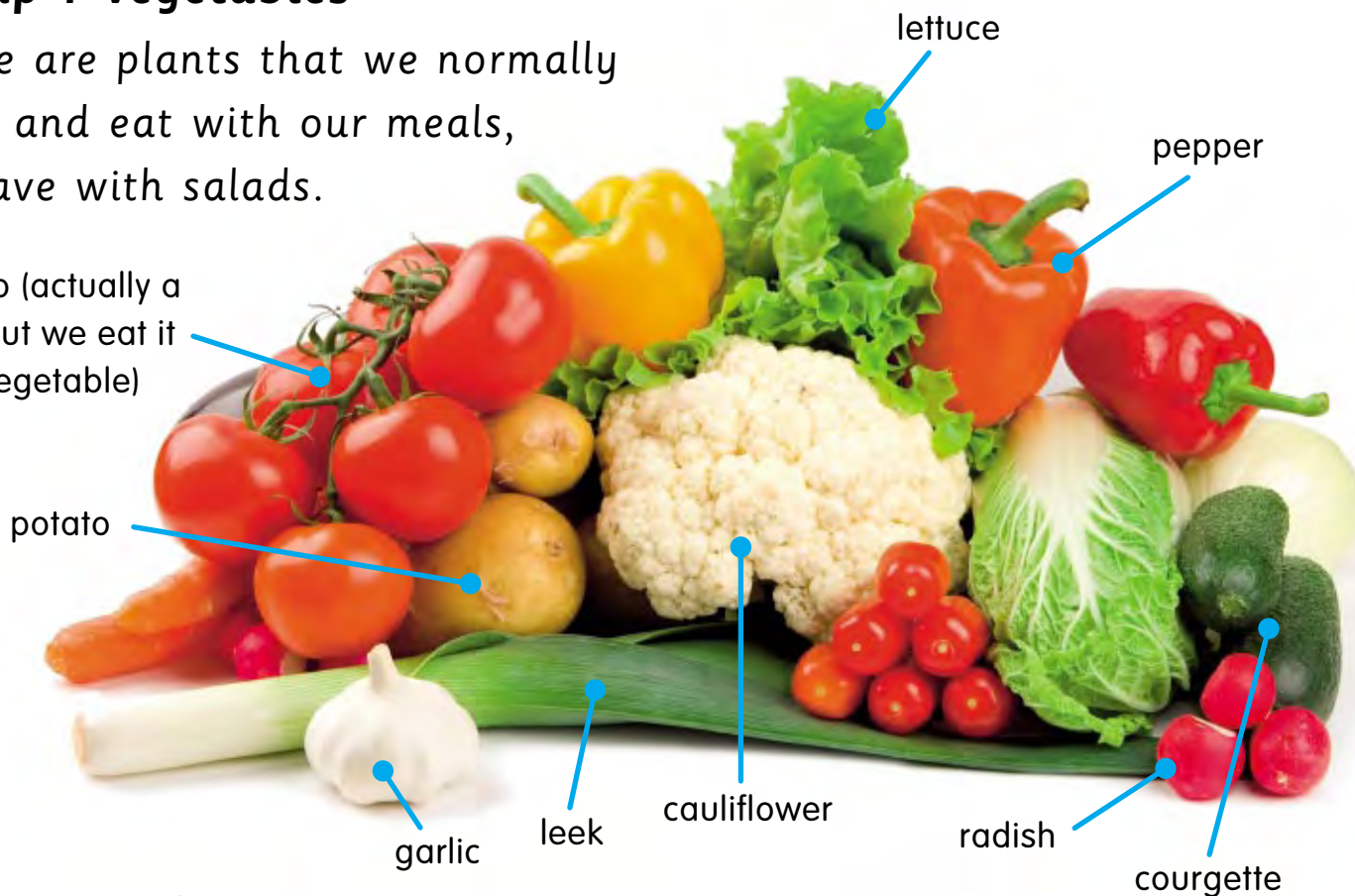
# Food

Our food can be put into groups.  
There are five food groups.

## Group 1 Vegetables

These are plants that we normally cook and eat with our meals, or have with salads.

tomato (actually a fruit, but we eat it as a vegetable)



## Group 2 Fruit

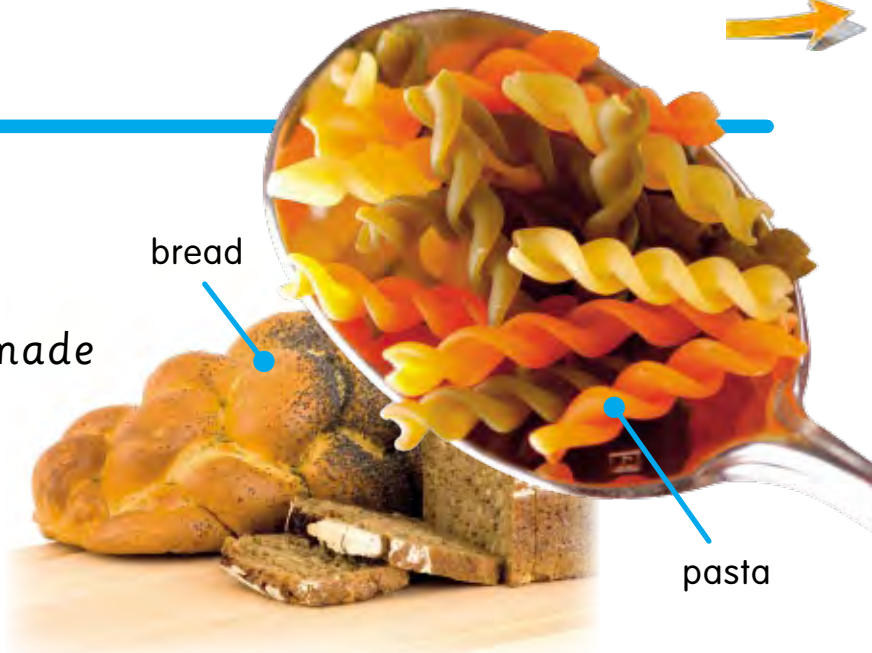
We eat fruit after a meal or between meals.  
It includes bananas, oranges, peaches and apples.





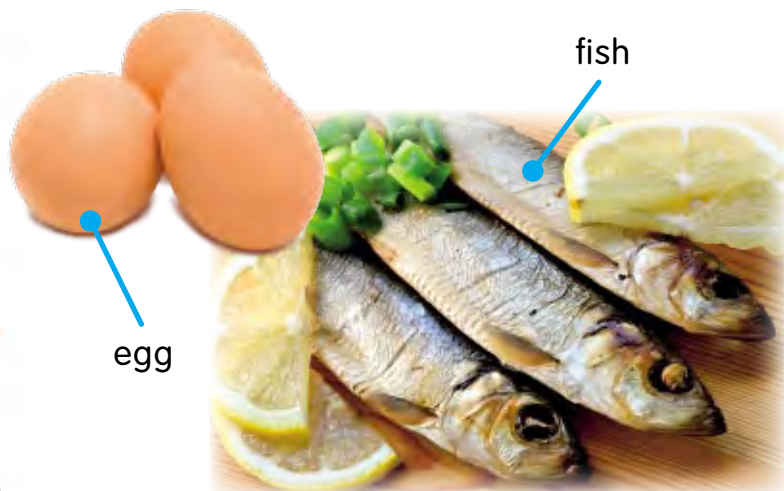
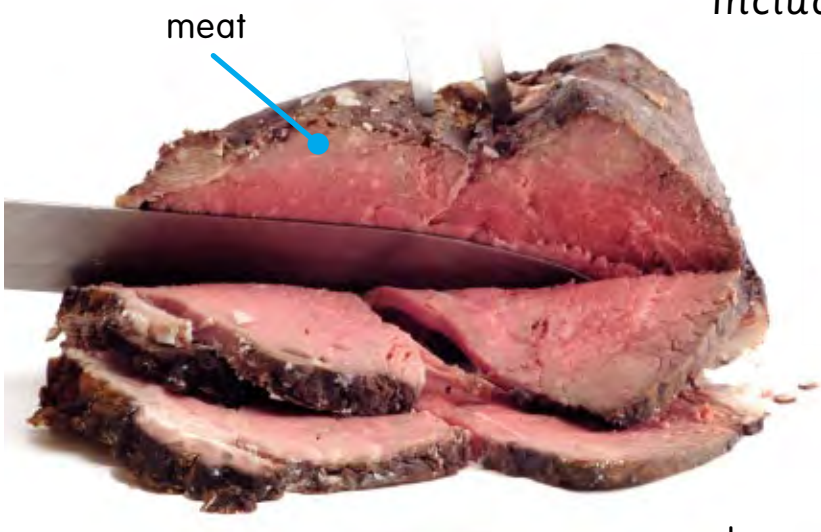
### Group 3 Cereals

This includes rice, pasta and bread. Bread and pasta are made from a cereal called wheat.



### Group 4 Meat

Includes chicken, lamb, fish and eggs.



### Group 5 Dairy products

These are milk, cream, cheese, butter and yoghurt.

**Can you think of more foods to put in each group?**