



Name: ..... Form: .....

Based on pages 8 and 9 of *Food, teeth and eating*



# Which groups does my food come from?

Try this...

1. Think about all the food you have eaten today.
2. Write the names of the foods in the food column of the table.
3. Think about the food you ate yesterday.
4. Write the names of the foods in the food column of the table, too.
5. Think what kind of food group each food came from, and tick one or more columns for each food.

Food	Vegetables	Fruit	Cereals	Meat and eggs	Dairy products

Looking at the results.

6. Which group does most of your food come from?  .....
7. Which food group do you eat least of?  .....