



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

Based on pages 4 and 5 of *Keeping healthy*

# Grouping food

Try this...

1. Foods can be divided into groups. Foods containing protein include meat, fish, eggs and peas. Foods containing fat are butter, cheese, milk and cream. Foods containing carbohydrates include potatoes, cereals, bread and biscuits. Vitamins and minerals are found in fruit and vegetables. Look back at this information as you work through the activity.
2. Think about what you had for your breakfast yesterday. Divide up the foods into the columns in table 1. For example, if you had cereal and milk, you would write cereals in the carbohydrate column and milk in the fat column.
3. Repeat step 2 for your lunch, tea and supper yesterday.

Meal	Protein	Fat	Carbohydrate	Vitamins and minerals
Breakfast				
Lunch				
Tea				
Supper				

4. Think about the snacks you have had today or plan to have today. Write down the approximate time of your snack, such as mid-morning and mid-afternoon, and fill in the food groups. If you are having a packet food, such as crisps, look on the side of the packet to find the table of food substances. It will help you decide how to group your snack.

Snack time	Protein	Fat	Carbohydrate	Vitamins and minerals

**Looking at the results.**

5. Use a separate sheet to describe your results.