



# Foods that do the same job

There are many different kinds of foods, but they can all be placed into just five easy-to-remember groups.

When you looked at the meals on the previous pages, you probably looked at them and thought, “Rice is a **CEREAL**, peas are a **VEGETABLE**”, and so on.

What you have done is to put foods into common groups, the same sort of groups you find set out in a supermarket.

This tells us that although many foods and meals look different, they are basically made up of the same kinds of food.

## Food groups

All foods can be put into just five food groups: vegetables, **FRUIT**, cereals, meat (including fish) and eggs, and **DAIRY PRODUCTS** (food made with milk).

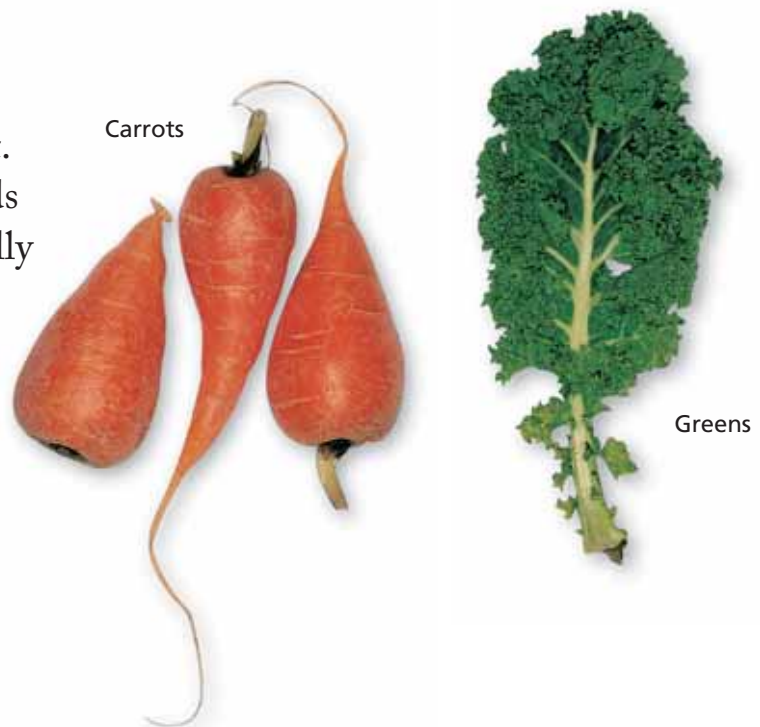
You can see them arranged on these pages.

## Making meals from food groups

We make all of our meals from these food groups. But why can't we just eat one kind of food throughout our lives? Why do we need to eat food from each of the groups? To find that out, we need to know what our bodies get from each kind of food, and that is what we will learn on the following pages.

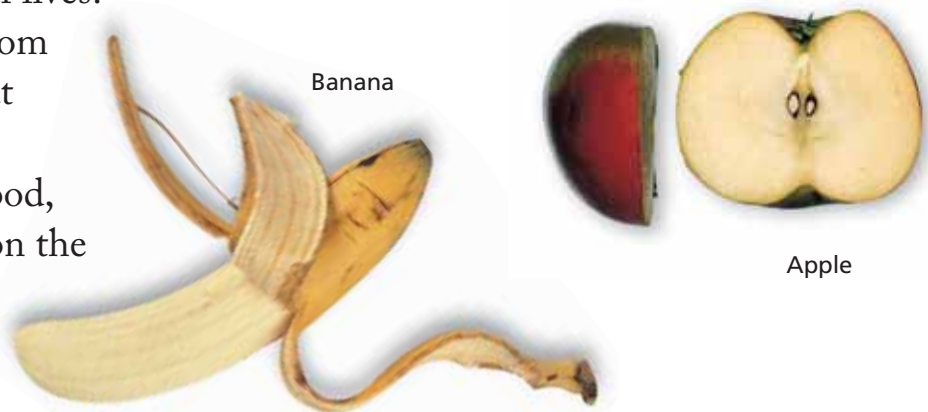
### Group 1: Vegetables

Roots, stems and leaves of plants are called **vegetables**. Most of these parts of a plant are hard and need to be cooked before eating.



### Group 2: Fruit

A fruit is usually soft and juicy and has pips (seeds). Many fruits can be eaten without cooking.



### Group 3: Cereals

Cereals have seeds, which we call **GRAINS**. They are small and hard. The main cereals are wheat, oats, maize and rice. Wheat, maize, barley and oats are usually ground up before they are cooked.



Bread

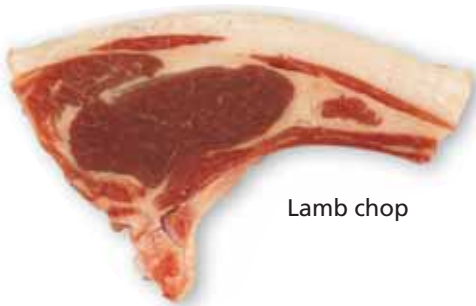
White and brown rice



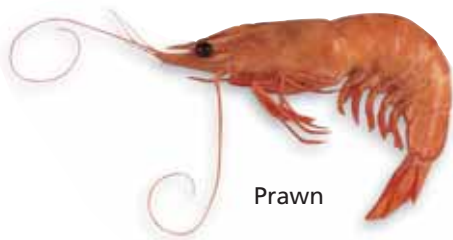
### Group 4: Meat and eggs

Beneath an animal's skin is muscle (often called flesh) and bone. The food we call meat is the muscle.

People all over the world eat meat from fish, sheep and chickens. In some parts of the world other animals (such as pigs and cattle) are used for meat as well. Eggs and shellfish – such as prawns and crabs – also fit into this group.



Lamb chop



Prawn



Sardine



Eggs

### Group 5: Dairy products

Dairy products are foods made with milk. They include cream and yoghurt (which are runny), butter (which is soft and easy to spread) and cheese (which is either hard or soft).

Many butter-like spreads, such as margarine, are a mixture of oil and milk, although some contain no milk at all.



Milk



Cheese

### Summary

- Our bodies need a variety of foods to stay healthy.
- The food we eat can be put into five groups: vegetables, fruit, cereals, meat and dairy products.