

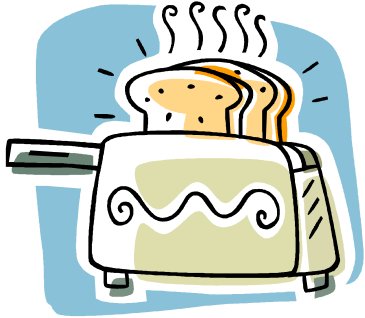


Food Groups Factsheet  
To help with the Nutrition worksheet

<u>What are They Called?</u>	<u>What do they do for you?</u>	<u>Where do you find them?</u>
Carbohydrates	They give you energy	You find them in sugary and starchy foods like potatoes, rice, cereals, pasta, and bread.
Proteins	They help the body grow and repair itself	You find them in meats, poultry, fish dairy products, eggs and beans
Fats	They provide energy and help in building.	You find them in dairy products, red meats, some poultry and fish
Fibre	It helps you to digest your food	You find fibre in cereals, fruit, bread and vegetables.
Minerals	Iron is good for the blood. Calcium is good for your bones Magnesium is good for your nerves	Minerals are in lots of foods but especially in fresh fruit and vegetables
Vitamins e.g. vitamin A, B, C, D, E	Vitamins are good for keeping your body healthy. They are good for your skin, bones and teeth.	Vitamins are mostly found in dairy products such as milk, eggs and butter, fresh fruit and vegetables



Nutrition worksheet 1

<p>Draw (in the box) three items of food that are full of vitamins. Each food needs to be a different colour.</p>	
<p>If you ate this food what would it do for you?</p> 	
<p>What food type helps your body to grow and repair itself? Give an Example</p>	



What do you think will happen to your body if you eat too much fat?	
Harry, Barry and Phil will need a lot of energy to paddle around Britain. They only have a small cooker that can boil a pot of water. <ul style="list-style-type: none"><li>• What two food groups will provide them with lots of energy?</li><li>• Write down 3 energy foods they have eaten?</li></ul>	
Harry, Barry and Phil are eating oats, which food group do these belong to?	
You cannot fit a fridge in a kayak, and there are long periods (10 days) when the team are going to be far from shops. <ul style="list-style-type: none"><li>• List five foods that you would keep in the fridge.</li><li>• Roughly how long will fresh fruit or vegetables last at room temperature?</li><li>• What two food types will be the hardest to find? Can you think of other ways these can be supplemented?</li></ul>	

Congratulations, you have successfully completed the Nutrition Worksheet