

**Food groups**

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*Food contains nutrients that we all need to keep us alive and healthy. It helps us to grow, gives us energy, keeps our bodies warm and helps us to fight infection.*

*We need proteins, carbohydrates, fats, vitamins and minerals as well as fibre.*

**Proteins.** Help build a strong and healthy body.



**Carbohydrates.** These starchy food give us energy and warmth.



**Fats.** Our body stores up fat to use as energy and protect us from the cold.



**Vitamins and minerals.** We only need very small amounts every day to keep us healthy.



**Fibre.** To have healthy intestines.



**Q1.** Fill in the sentences, using the words at the left.

- eggs
- pasta
- butter
- tomatoes
- carrots

- To have a strong and healthy body, we eat .....
- ..... give us energy.
- A little bit of ..... protects from the cold.
- To get vitamins and minerals, we eat .....
- Our intestines are healthy because we eat .....