







Food and health

Food provides energy and nutrients to help you grow and stay healthy.

Some foods can be in more than one box.

Cheese and meat contain fat as well as protein.

The main nutrients in food are:	We find these in:
<p>Protein This is used for growth and to repair parts of our bodies which are damaged.</p>	<p>meat - fish – cheese and...</p> 
<p>Carbohydrate This provides most of the energy to live, work and play</p>	<p>bread – biscuits – pasta – rice and...</p> 
<p>Fat This is also important for energy and keeps us warm.</p>	<p>crisps – chips and...</p> 
<p>Vitamins and minerals These make sure we grow properly and stay healthy.</p>	<p>apples – strawberries – potatoes and...</p> 

Potatoes contain carbohydrate as well as vitamins and minerals.

You can put the foods in more than one box.

You should eat at least five servings of fruit or vegetables every day.