

Fact sheet about food groups

After reading the selected readings, finish the table about food groups below by using the appropriate words in the readings.

Food groups	Advantages	Disadvantages	Tips
Fat and sugar	<ul style="list-style-type: none"> sugary food can give us energy to run and play 	<ul style="list-style-type: none"> bad for our _____ too much fat and sugar can make us fat and increase the risk of getting _____ disease 	<ul style="list-style-type: none"> choose low-fat cooking methods to avoid overweight and obesity
Dairy products	<ul style="list-style-type: none"> give us strong bones and _____ keep our brain, heart and muscles healthy give us energy to play help us see well 	<ul style="list-style-type: none"> too much intake of dairy products can make us fat 	<ul style="list-style-type: none"> choose cheese and yoghurt with little or no _____
Meat and fish	<ul style="list-style-type: none"> build blocks of bones, _____, skin and blood help our bodies grow strong omega-3 in fish is good for our skin, eye and heart 	<ul style="list-style-type: none"> too much meat and fish will make us _____ 	<ul style="list-style-type: none"> choose lean meat and trim away the _____
Fruit and vegetables	<ul style="list-style-type: none"> have lots of vitamins and _____, which keep us healthy and fight off sickness vitamin C: keep our _____ and teeth healthy fibre: keep our digestive system healthy 	<ul style="list-style-type: none"> too many fruit and vegetables can cause _____ and heart problems 	<ul style="list-style-type: none"> choose fruits and vegetables in different _____
Grain products	<ul style="list-style-type: none"> fibre: help move food through our - _____ and keep our digestive system healthy give us energy to run, jump and play 	<ul style="list-style-type: none"> too many grain products can cause obesity and heart disease 	<ul style="list-style-type: none"> choose wholegrain products (give one example: _____)

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Food groups	Advantages	Disadvantages	Tips
Fat and sugar	<ul style="list-style-type: none"> sugary food can give us energy to run and play 	<ul style="list-style-type: none"> bad for our <u>teeth</u> too much fat and sugar can make us fat and increase the risk of getting <u>chronic</u> disease 	<ul style="list-style-type: none"> choose low-fat cooking methods to avoid overweight and obesity
Dairy products	<ul style="list-style-type: none"> give us strong bones and <u>teeth</u> keep our brain, heart and muscles healthy give us energy to play help us see well 	<ul style="list-style-type: none"> too much intake of dairy products can make us fat 	<ul style="list-style-type: none"> choose cheese and yoghurt with little or no <u>sugar</u>
Meat and fish	<ul style="list-style-type: none"> build blocks of bones, <u>muscles</u>, skin and blood help our bodies grow strong omega-3 in fish is good for our skin, eye and heart 	<ul style="list-style-type: none"> too much meat and fish will make us <u>fat</u> 	<ul style="list-style-type: none"> choose lean meat and trim away the <u>fat</u>
Fruit and vegetables	<ul style="list-style-type: none"> have lots of vitamins and <u>minerals</u>, which keep us healthy and fight off sickness vitamin C: keep our <u>skin</u> and teeth healthy fibre: keep our digestive system healthy 	<ul style="list-style-type: none"> too many fruit and vegetables can cause <u>digestive</u> and heart problems 	<ul style="list-style-type: none"> choose fruits and vegetables in different <u>colours</u>
Grain products	<ul style="list-style-type: none"> fibre: help move food through our <u>intestines</u> and keep our digestive system healthy give us energy to run, jump and play 	<ul style="list-style-type: none"> too many grain products can cause obesity and heart disease 	<ul style="list-style-type: none"> choose wholegrain products (give one example: <u>quinoa/ oatmeal/ accept other answers from students</u>)