



BECOME A NUTRITION EXPERT

Read through the information. Use a coloured pencil to underline important words or phrases. Look for things that tell you why the food group is good for you... You are going to find out about nutrition!

FRUIT AND VEGETABLES

These foods contain vitamins A and C, and fibre. They have lots of water in them, and natural sugars. They taste good and do us good!

Fruit and vegetables can prevent heart disease. The vitamin C in them is important for helping cuts to heal quickly. Fruit and vegetables also keep our skin, hair and gums healthy. The fibre is good because it helps us digest our food.

We should try and eat 5 portions per day – yes five! Give me five dude...

BREAD, CEREALS AND POTATOES

These foods provide energy and fibre. Brown bread is particularly good. They give us energy for activities such as sport. The iron (who would have thought?!) in bread and cereals helps us keeps our blood healthy. If we don't get enough iron we can end up feeling tired and find it hard to concentrate... so chuck some brown bread in the toaster!

These foods are not fattening unless we add things to them, for example if we cook them in oil. A portion of chips has 170 times more fat than a baked potato – that's a lot of fat.

MEAT, FISH AND ALTERNATIVES

These foods contain protein, fats, iron (remember what we learnt about iron), and B vitamins. Protein makes us grow, builds strength and helps the body to repair itself. If you want to have strong muscles, you better munch on food from this group...

There is one problem though. Some of the foods in this group can be high in fat, e.g. fatty meat and sausages. Sausages should also really be in the fat and sugars food group! Try to choose lean meats and take the skin off chicken. Vegetarian alternatives to meat, such as beans and tofu, are very low in fat. Baked beans are example of a vegetarian food in this group.

MILK AND DAIRY FOODS

These foods contain things like protein and some of the vitamins already mentioned in the other groups. But one thing that is really important in dairy foods is calcium. This is essential for strong bones and teeth. Remember to try to choose low fat dairy products because they contain as much calcium as full fat versions. Moo!



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FATTY AND SUGARY FOODS

Hmmmm, guess what? Foods from this group should be eaten only in small amounts. We all need a little amount of fat in our diet, but should try and reduce these foods, and keep them for special treats.

Foods which contain sugar can cause tooth decay if they are eaten frequently as snacks. Sugary foods give you a short burst of energy, but then leave you feeling tired, so try to get lots of foods from the "Breads, cereals and potatoes" group instead. Especially if you are planning on running the marathon!

Now you are an expert on nutrition...Can you fill in the table below?

	MAIN NUTRIENTS	WHY THESE ARE IMPORTANT
Fruit and Vegetables		
Bread, Cereals and Potatoes		
Milk and Dairy foods		
Meat, fish and alternatives		
Fatty and sugary foods		