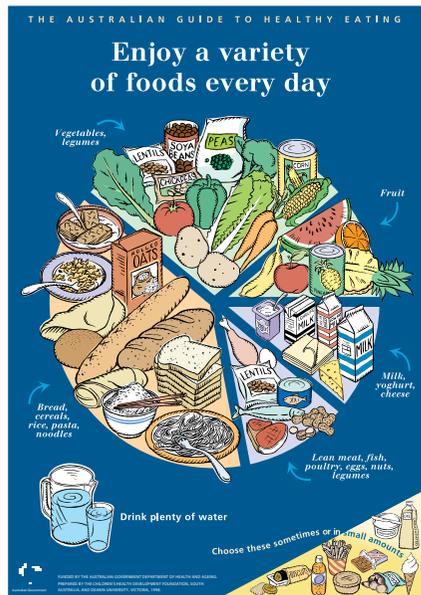




(U1L1R1) Food Group, Nutrients and Functions of the Body

Which Groups?	What Nutrition?
Bread, cereals, rice, pasta and noodles	This food group provides carbohydrates, some protein, fibre, vitamins and minerals.
Vegetables, legumes (e.g. dried peas, beans and lentils)	This food group provides fibre, carbohydrates, vitamins, particularly Vitamins A and C and minerals.
Fruit	Fruit is a good source of Vitamin C and another vitamin called folate. Fruit skins also provide carbohydrate and fibre.
Milk, yoghurt and cheese	Dairy foods are the best source of calcium. They also provide carbohydrates, protein, vitamins and minerals and some fat.
Meat, fish, poultry, eggs, nuts and legumes	This food group provides good sources of protein, fat, vitamins and minerals, particularly iron to carry
Vegetables, legumes (e.g. dried peas, beans and lentils)	This food group provides fibre, carbohydrates, vitamins, particularly Vitamins A and C and minerals.



To eat a healthy diet:

1. Eat enough foods from each of the five food groups every day.
2. Choose different varieties of foods from within each of the five food groups from day to day, week to week and at different times of the year.
3. Eat plenty of plant foods (bread, cereal, rice, pasta, noodles, vegetables, legumes and fruit), moderate amounts of animal foods (milk, yoghurt, cheese, meat, fish, poultry and eggs) and small amounts of the extra foods as well as margarine and oils.
4. Drink plenty of water.





(U1L1R1) Food Group, Nutrients and Functions of the Body

Which group?	Found in	Function in the body
Protein	Meat, fish, poultry, eggs, nuts, legumes (dried beans, peas and lentils), milk, yoghurt and cheese.	Essential for growth and repair and maintenance of a healthy body. Makes up part of the structure of cells in the body.
Carbohydrate	Bread, cereals, rice, pasta, noodles, vegetables, legumes, fruit, milk and yoghurt.	Essential for growth and repair and maintenance of a healthy body. Makes up part of the structure of cells in the body.
Fats Saturated fats Monosaturated fats Polyunsaturated fats	Butter, lard, coconut oil/copha, cooking margarine, palm oil, ghee, cream, milk, cheese and ice cream. Olive oil, canola oil, peanut oil and peanut butter. Safflower, sunflower and other vegetable oils (including margarine produced from the vegetable oils), nut oils like almond and walnut.	Most concentrated source of energy. Fat is used in the structure of every cell in the body. Supplies fat-soluble vitamins (A, D, E and K) as well as essential fatty acids. Some fats help protect the heart whilst others are a problem for heart health.
Vitamins and minerals	Found in lots of different foods. For example, Vitamin C is found mostly in fruit and vegetables while the Vitamin B Group is found mostly in cereals as well as fruit and vegetables. Another example is a mineral like Iron is found in leafy green vegetables and red meat.	Needed in small amounts for normal growth and health everyday. Essential for the body to help carbohydrate foods to release energy. Important for other body structures.

