

# Five food groups

starchy  
carbs



Give us energy

fruit  
& veg



Contain vitamins  
and minerals to  
keep us healthy

dairy



Contains calcium  
for healthy teeth  
and strong bones

protein



Helps muscles  
to grow  
and repair

fats



Fat helps keep  
our organs safe.  
Too much of it  
can be bad for  
your health

Make sure you eat from all 5 food groups!