

# Types of Food

And what they do...

To know the names of the 5 food types, and know their jobs.

- I can understand why each food type is important.
- I can group foods into types.

There are 5 different food groups - can you name any of them?

Don't worry if you can't - by the end of the lesson hopefully you will know about all of them.

# Carbohydrates...



Carbohydrates give us steady energy and keep us full up. They are found in foods like bread, potatoes and pasta.

The energy from carbohydrates is easy for our bodies to use, so lots of athletes eat carbohydrates before races and training.

You should try include carbohydrates in every meal that you eat.

# Proteins...

Proteins help our bodies to grow and repair themselves. They are found in foods like fish, meat, eggs, beans, nuts, seeds and cheese.

Without protein, you won't have a strong body because your muscles won't develop properly. It will also take your body longer to heal itself if you injure yourself...





# Dairy ...



Dairy provides our bodies with calcium. They include foods like milk, yogurt, cheese and ice-cream.

Your body needs calcium to help keep bones and teeth strong and healthy.

Be careful though, dairy products like ice-cream and cheese are high in fat, so you shouldn't eat too much of these things!



# Fruit and Vegetables...



Fruit and vegetables provide fibre and vitamins.

Fibre helps food to pass through your digestive system more easily. Vitamins help keep you fit and healthy - they help your bodies to fight off infection and bacteria.



You should aim to eat at least 5 portions of fruit and veg each day.

# Fats and sugars...



Fats and sugars provide energy for our bodies.

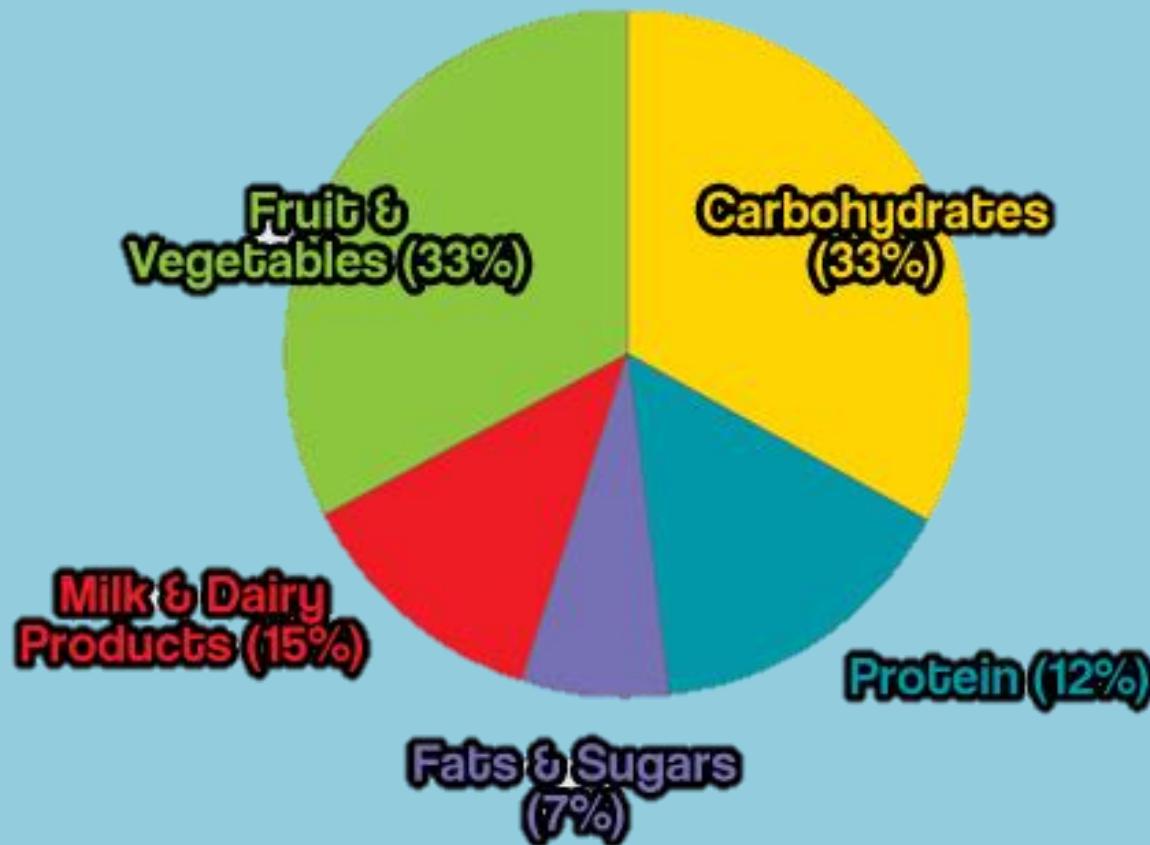
Our bodies store any spare energy from fats and sugars until we need it. However we shouldn't eat too many sugars or fats because we don't want our bodies to have to store too much fat or sugars.

Sugars provide short bursts of energy, which don't last for very long.



# So how much should you eat?

This plate shows you how much of each food group you should eat each day...



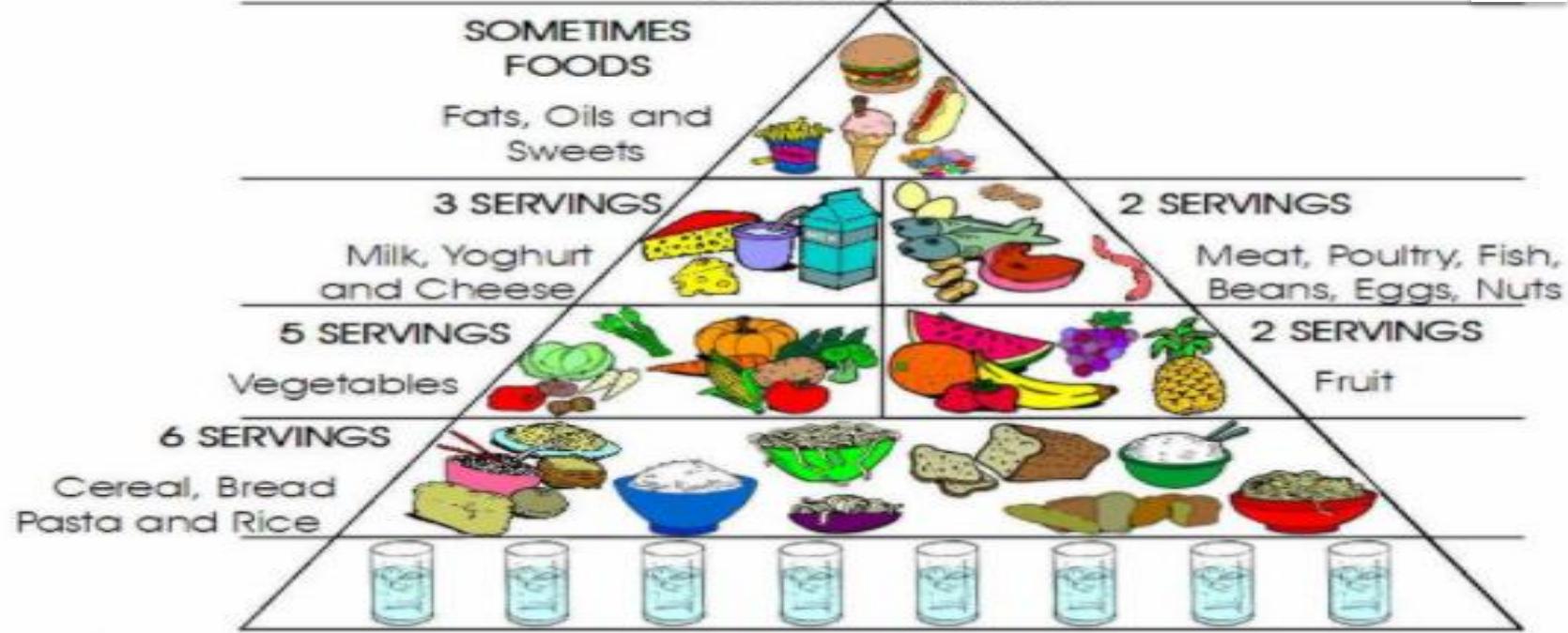
Looking at the food chart on the previous slide, did you notice that you need to include far more fruit/vegetables and carbohydrates in your diet than any other food group?

Just look at how much protein you need to include - this is a much smaller amount.

The amount of milk/dairy that you need to include is less than for protein and you need even less fats/sugars.

Make sure that you take care to eat the right amount of each of the different food groups so that you have a healthy and balanced diet.

## The Healthy Eating Food Pyramid



Remember to drink lots of water too - 8 glasses a day is a good amount to keep you hydrated.

Sometimes we show the amounts of each type of food we should eat as a pyramid or triangle. Have a look at the food pyramid above to see how much of each type of food we should be eating each day.

Can you design a healthy menu for the day, which includes a balance of each of the 5 food groups?

Make sure that you include enough fruit and veg, as well as carbohydrates, but don't include too much fatty dairy products, fats or sugars. Think about how you will get your proteins too.

I have set you a 2Do for this on Purple Mash.