

2: Food types

Foods fit into three types.

Here are some types of foods and what we use them for in our body.

Fats - chips, crisps, butter.

Used to give energy and stored for use later.

Carbohydrates - bread, pasta, cakes.

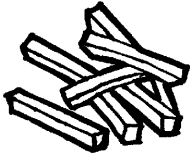

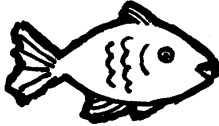







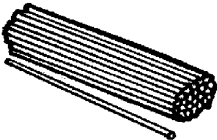

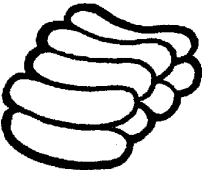






Used for instant energy for running and skipping.

Proteins - meat, fish, nuts.

Used to help us grow.

2: Food types

Cut out the pictures and stick them into the table where you think they should go.

 Chips	 Carrots	 Fish	 Broccoli	 Apples			
 Bacon	Fat	Carbohydrate	Protein	 Peas			
 Beans				 Tuna			
 Rice				 Nuts			
 Pasta				 Biscuits			
 Sausages				 Bread			
 Bananas				 Cheese	 Eggs	 Burgers	 Potatoes

2: Food types

We all need to eat some food from each section to stay healthy.

We need a lot of protein to grow.

We need fats but not too much otherwise we store it and become overweight.

We need carbohydrates for energy and should eat quite a lot of these.

<p>Write the names of foods in this section that we should NOT eat too much.</p>	
<p>Write the names of the foods in this section that we should eat quite a lot.</p>	
<p>Write the names of foods in this section that we should eat a lot.</p>	

