

FOOD GROUP	WHAT IT DOES	SOURCE
PROTEIN	They help your body grow and repair itself.	You find them in meats, poultry, fish, dairy products, eggs and beans.
CARBOHYDRATE	They give you energy.	You find them in sugary and starchy foods like potatoes, rice, cereals, pasta, bread and some fruit and vegetables.
FATS	They provide energy and help in building cell membranes.	You find them in dairy products, red meats, some poultry and fish.
MINERALS	Iron is good for the blood. Calcium is good for your bones. Magnesium is good for your nerves.	Minerals are in lots of foods but are especially in fresh fruit and vegetables.
VITAMINS	Vitamins are good for keeping your body healthy. They are good for your skin, bones and teeth.	Vitamins are mostly found in dairy products (milk, eggs and butter), fresh fruit and vegetables.
WATER	Essential for most chemical processes.	Water
FIBRE	It helps you digest your food.	You find fibre in lots of food like cereals, fruit, bread and vegetables.