THE FIVE FOOD GROUPS

Different foods help your body in different ways. It's easy to know what foods are good for you. The five big food groups name the foods you need every day.

The grains and cereals group

You need six servings from the grain group every day. Grain foods give you energy. Pasta, rice, and bread are made from grains.

The fruit and vegetables group

Eat three to five servings of vegetables each day. Carrots, green beans, and peas are vegetables. You also need some fruit each day. You can drink a glass of apple juice. You can eat a peach or any other fruit. These foods help your eyes and **skin**.

The dairy group

You need two or three servings of milk each day. A glass of milk **taste**s good. Yogurt and cheese help **build** strong bones and teeth.

The protein group

You also need servings from the meat group. Eggs, fish, chicken, and beans are in this group, too. You need two to three servings a day to build strong **muscle**s.

The fats, oils and sugars group

Try not to eat many fats or sweets. They may taste good, but they don't help you to grow strong or stay **healthy**.

It is very important to eat the right amount of each food group every day. Most of our food should come from whole grains, vegetables and fruits. Treats or junk food should not be eaten often.

Answer these questions about the text 'The Five Food Groups'.

a.   Read each sentence and circle True or False.
     Then write a sentence that tells how you know.

     1. Eat food from only one food group each day.   True   False

     _____

     2. Eggs can take the place of meat in a meal.   True   False

     _____

     3. Don't eat many fats and sweets.   True   False

     _____

b.   Tick the best menu.

	Menu 1 chicken carrots roll milk apple
	Menu 2 fish rice soda cake orange
	Menu 3 bread cheese cookies pear pie

     Why is it the best menu?

     _____

c.   Write the answer to each question on the lines.

     What will happen if you think about the food groups each time you choose

     something to eat?

     _____

     What should you do if you want to be a good soccer player, swimmer, or

     runner? Why?

     _____

     _____