

## Science

### How does food help us?

- **Fruit and vegetables** contain **minerals** and **vitamins**. They stop us becoming poorly.
- **Milk and dairy foods** contain **calcium** which helps our bones, teeth and nails to grow.
- **Meat and fish** contain **protein**. This helps our body to grow and repair itself.
- **Bread, cereals and potatoes** contain **fibre** and **carbohydrates**, which help us to digest our food.
- **Fatty and sugary foods** contain **fat**. They give us energy, but only in small amounts



Fruit and vegetables



Fish and meat



Carbohydrates



Fats and sugars



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Milk and dairy

## Activity

Can you sort the food you have in your house into the following categories?  
Draw and label a picture of the food that you can find/think of....

<u>Fruit and vegetables</u>	<u>Fish and meat</u>
<u>Carbohydrates</u>	<u>Fats and sugars</u>
<u>Milk and dairy</u>	

What food is your favourite?

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What food group does this item belong in?

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What does this food help you to do?

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