1. Look at the food groups. Colour each food group a different colour.

We divide food into six different groups.

- Fats and sweets = red
- Dairy produce = yellow
- Proteins = orange
- Vegetables and fruit = green
- Carbohydrates = blue

2. Look at the list of words. Underline the words using the correct colours for the food groups.

macaroni     oranges     yoghurt     fish     cake     onion     cereals

pineapple     chicken     butter     broccoli     cheese

3. Read and circle True or False.

1. Sweets and fats are very good for us.  
   True  False

2. We don’t need to eat fruit every day.  
   True  False

3. We need three to five portions of vegetables every day.  
   True  False

4. Bread and butter are in the same group.  
   True  False

5. Apples and broccoli are in the same group.  
   True  False
Subject: Science

Food groups

Objective: Food groups
Vocabulary: fats and sweets, dairy produce, proteins, vegetables and fruit, carbohydrates

Introduction
It is important that the pupils understand that a healthy diet consists of eating the right kinds of food and in the right amounts. The food pyramid is a tool used in health education to illustrate this. Generally speaking a serving refers to a normal amount of each type of food. For example: 1 serving of fruit = 1 apple or 1 serving of milk = 1 glass of milk.

Warm up
- Tell the pupils to look carefully at the food pyramid. Explain that this pyramid shows us not just the different food types but also the correct daily amounts for each type.
- Ask questions about the food pyramid, for example: How many servings of vegetables do we need every day?

Activity 1
- Pupils use the key to colour the segments of the pyramid.
- Correct the activity by asking the pupils to reproduce the pyramid on the board using coloured chalk.

Activity 2
- Pupils classify the words by underlining them according to the key.

Answer key: red-cake, butter; yellow-yoghurt, cheese; orange-fish, chicken; green-oranges, pineapple, broccoli, onion; blue-macaroni, cereals

Activity 3
- Pupils read the sentences and circle True or False.
- Check the activity by reading a sentence out loud and asking the class to call out true or false.

Answer key: 1-F; 2-F; 3-T; 4-F; 5-T

Project ideas
- Make a large food pyramid for a wall chart. Pupils glue pictures of food in the correct segments of the pyramid.
- Tell the pupils to keep a food diary where they write down everything they eat and drink for 1 week. They can then work out if they have had the daily recommended amounts for each food type.