

Match the heading to the description of the food group.

Carbohydrates/starchy food

Dairy

Fruits

Vegetables

Protein

	These foods help our bodies to grow and repair itself.
These give us lots of energy that can be broken down more gradually by our bodies.	These help our bodies to fight off illness and contain lots of vitamins and minerals. They include foods such as broccoli, carrots and peas.
These contain lots of vitamins and minerals that the body uses to build healthy cells. They include foods such as apples, plums and melons.	These foods contain calcium which helps to build healthy teeth and bones.