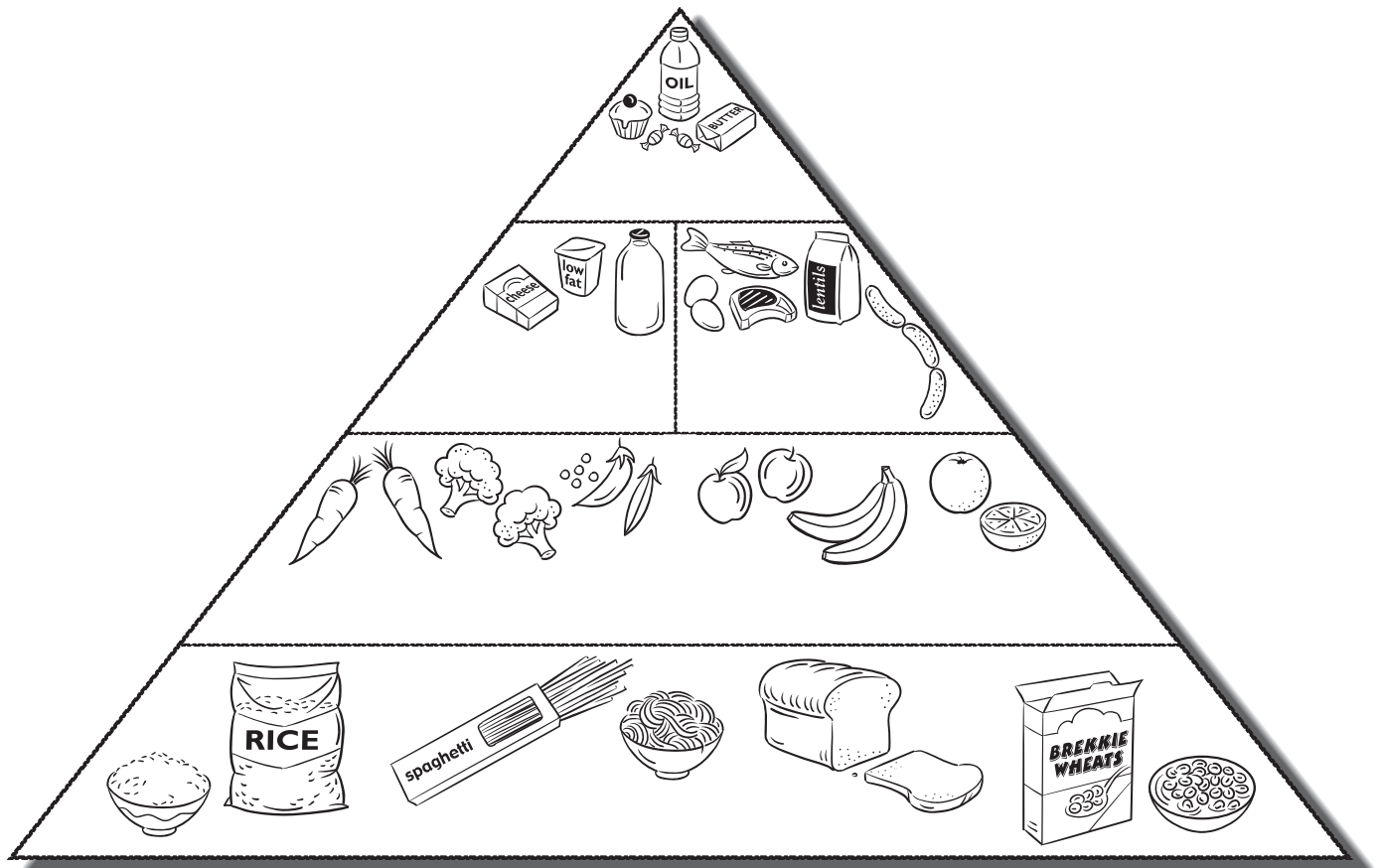


Science - Food groups

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 <u>False</u> |
| 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.