

Food Group Cards for Individual Pupils

Body- building foods - protein		
Salmon	Roast chicken	Lamb chops
Nuts	Sausages	Eggs
Baked beans	Tuna	Beefburgers

Energy-giving foods - carbohydrates		
Spaghetti	Mashed potato	Pizza
Baked potato	Brown bread	Porridge
Rice	Corn flakes	White bread

Bone-building foods - dairy		
Milk	Cottage cheese	Soft Cheese
Cheddar cheese	Fromage frais	Cheese triangles
Plain yoghurt	Fruit yoghurt	Parmesan cheese

Less healthy foods - Fatty and sugary foods		
Chips	Biscuits	Mayonnaise
Chocolate bars	Doughnuts	Fizzy pop
Sweets	Cupcakes	Crisps

Fruit		
Apple	Strawberry	Grapes
Orange	Peaches	Pineapple
Pear	Banana	Kiwi fruit

Vegetables		
Carrots	Tomato	Cucumber
Cabbage	Broccoli	Lettuce
Peas	Sprouts	Peppers