Food groups

Contain vitamins and minerals which the body needs to work properly and healthily.

Contain calcium which helps teeth and bones grow strong.

Helps muscles to grow strong and repair themselves.

Give you energy. It is needed to help you move and do exercise, but if there is too much it is stored as fat.

Gives you energy and keeps you warm.

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| **Food group** | **Purpose** |
| Protein | This is needed for muscles to grow and ro repair themselves. Many parts of the body (eg. muscles, tendons, hair) are made of proteins. This is also stored as fat if there is too much. Some food containing protein (eg. meat) can also contain lots of fat. |
| Fat | There are good fats and bad fats. Good fats (eg.seeds, nuts, fish) help the body absorb some vitamins.  Bad fats raise cholesterol and are stored as fat in the body. |
| Dairy | Contains calcium which are needed to grow teeth and bones.  However, lots of dairy products contain fat so you shouldn’t have too much. |
| Fruits and vegetables | They contain lots of vitamins and minerals which help the body work properly and healthily and absorb the other nutrients it needs. |
| Carbohydrate | These give the body energy to be able to move and stay healthy. If you don’t move and use the energy, it is stored as fat instead. |

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| Helps muscles to grow strong and repair themselves. | Helps muscles to grow strong and repair themselves. |
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