

Sorting into Food Groups

To sort foods into food groups and find out about the nutrients that different foods provide.

Cut out the foods and decide where to sort them on the food groups circle. Put aside any foods that you cannot easily sort into one section.



Science | Animal Including Humans | Nutrition | Lesson 1

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lettuce



tomato ketchup



tomato



bread



apple



sunflower spread



egg



milk



yoghurt



pasta



wholegrain rice



cucumber



crisps



chocolate



nuts



chicken breast



cake



red pepper



couscous



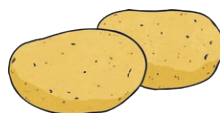
fish



ice cream



carrot



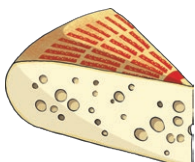
potato



orange



banana



cheese



strawberry



mushroom



cereal