

Science

Food groups and balanced meal



- Food can be classified into 3 groups:
 1. Food for energy
 2. Food for growth
 3. Food for health

 - A balanced / complete meal contains at least one food item from each food group.
-

1. Look at the following pictures and classify them in the appropriate food group.



Bread



Chicken



Macaroni



Carrot



Fish



Lettuce



Rice



Farata



Apple



Milk



Cheese



Banana

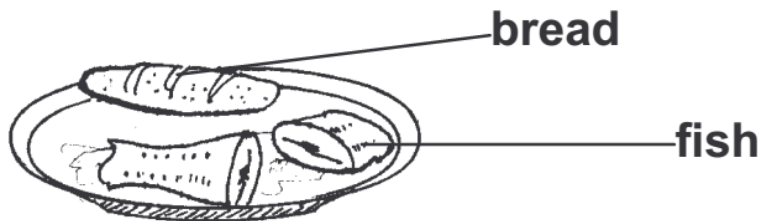
Food for energy	Food for growth	Food for health
Bread	Chicken	Carrot
Macaroni	Fish	Lettuce
Rice	Milk	Apple
Farata	Cheese	Banana

2. Circle the letter showing the correct answer.

Diagram 1 below shows a plate of food.

What should you add to make it a **balanced meal**?

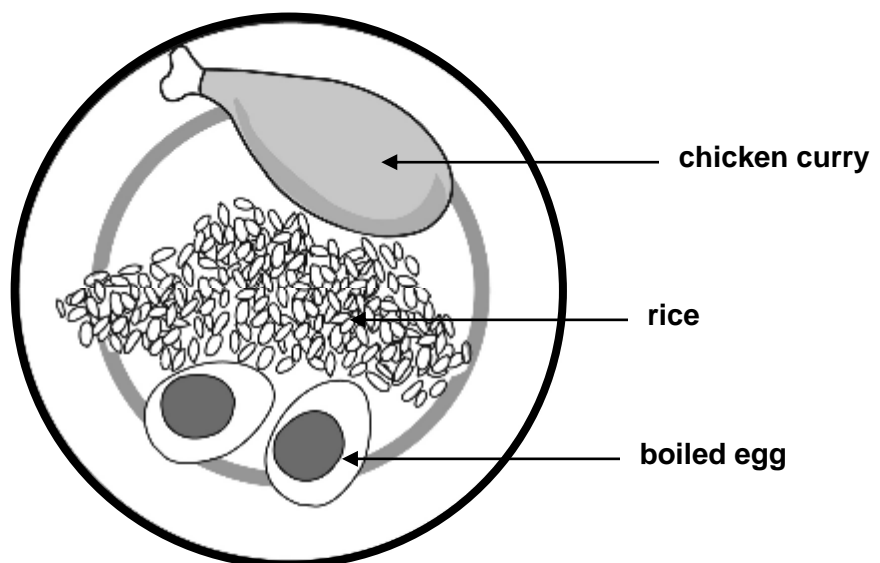
Diagram 1



- A Egg curry
- B Fried chicken
- C Potato chips
- D** Vegetable salad

3. **Diagram 2** shows a dinner plate containing a boiled egg, some rice and chicken curry.

Diagram 2



What food item can be added to **balance** the meal?

Lettuce, cucumber,.....[Any fruit or vegetable. (Food for health)].....