

# Sorting into Food Groups

Cut out the foods and stick them onto the correct section of the food groups plate on the next page.



lettuce



tomato ketchup



tomato



bread



apple



sunflower spread



egg



milk



yoghurt



pasta



wholegrain rice



cucumber



crisps



chocolate



nuts



chicken breast



cake



red pepper



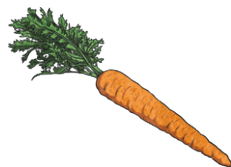
couscous



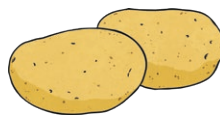
fish



ice cream



carrot



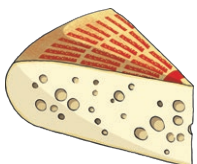
potato



orange



banana



cheese



strawberry

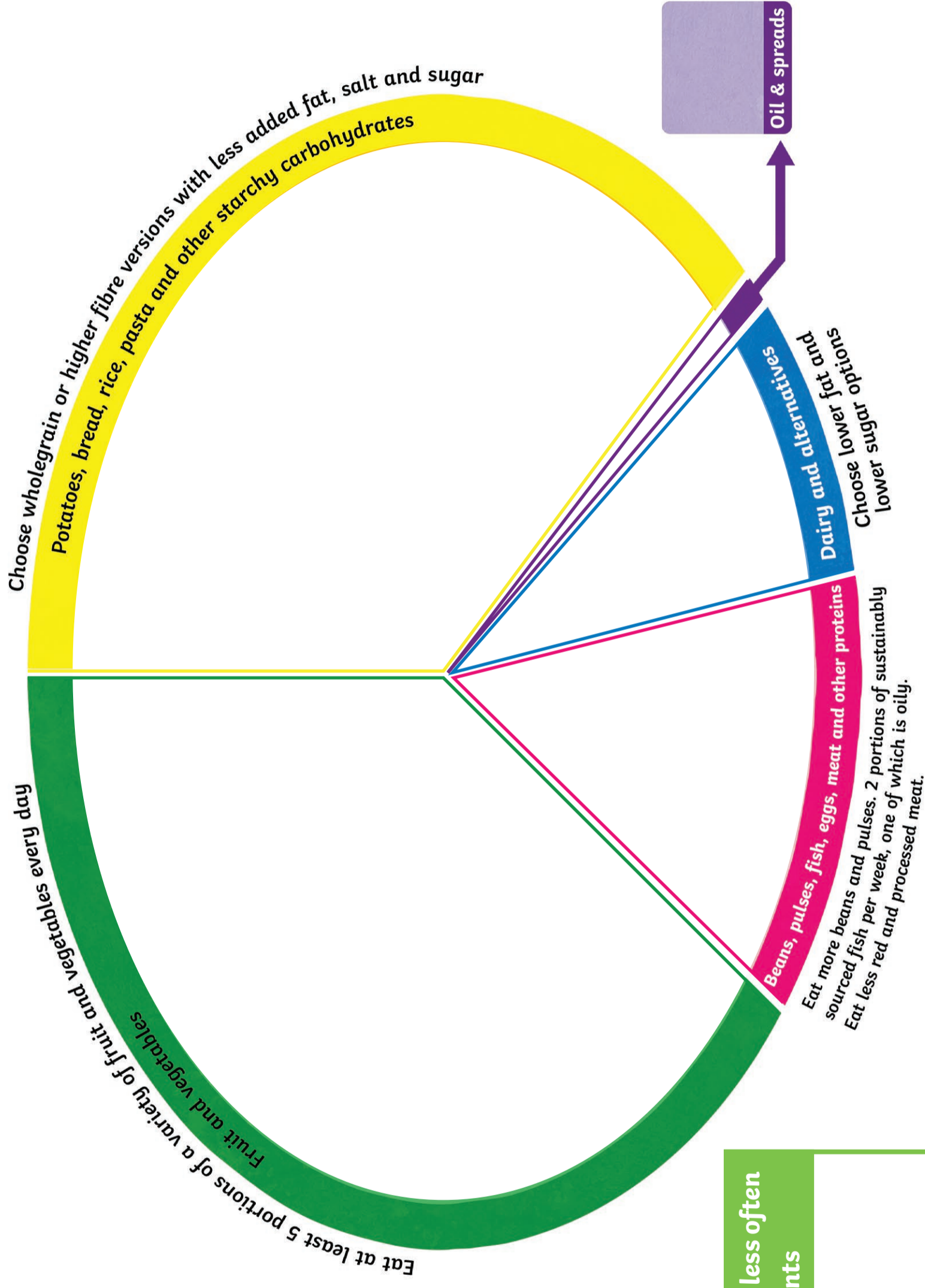


mushroom



cereal

# Sorting into Food Groups



Food we should eat less often  
and in small amounts



Information in this resource matches the government and NHS Eatwell Guide guidance. Please see the NHS and government Eatwell Guide webpages for more detailed information on this.

