

# Foods and functions

Eating a variety of foods helps you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

- 1 Cut out** each picture and its matching nutrients and health benefits.
- 2 Place** each picture and matching words in its correct place in the table on the next page.

**Hint:** there will be more than one picture for each type of food.

**To complete this task digitally:**























1. Use a snipping tool to copy your image or text.
2. Click Paste (Ctrl+V) at the place where you want your image or text.

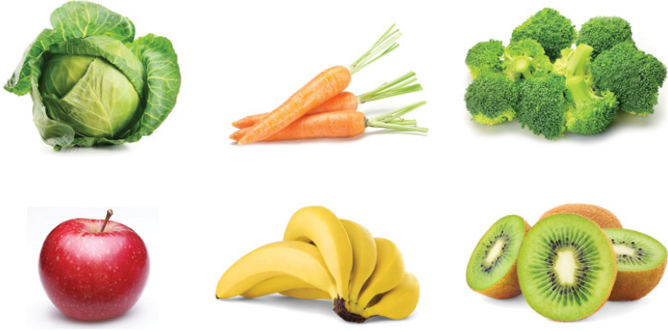




## Key nutrients

vitamins, minerals and fibre	healthy fats	carbohydrates and fibre	calcium	protein and minerals
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## Health benefits

muscle growth and repair	energy	protecting our health and keeping full for longer	healthy heart	teeth
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Type of food	Key nutrients	Health benefits
<p>vegetables &amp; fruit</p> 	<p><i>vitamins, minerals and fibre</i></p>	<p><i>protecting our health and keeping full for longer</i></p>
<p>grain foods &amp; starchy vegetables</p> 	<p><i>carbohydrates and fibre</i></p>	<p><i>energy</i></p>
<p>legumes, fish, seafood, eggs, poultry &amp; lean meat</p> 	<p><i>protein and minerals</i></p>	<p><i>muscle growth and repair</i></p>
<p>milk, yoghurt &amp; cheese</p> 	<p><i>calcium</i></p>	<p><i>teeth</i></p>
<p>healthy oils, nuts &amp; seeds</p> 	<p><i>healthy fats</i></p>	<p><i>healthy heart</i></p>