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.

### Key nutrients
- vitamins, minerals and fibre
- healthy fats
- carbohydrates and fibre
- calcium
- protein and minerals

### Health benefits
- muscle growth and repair
- energy
- protecting our health and keeping full for longer
- healthy heart
- teeth

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