

The Visual Food Guide

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

1 Use the word list to **fill in the blanks** on the Visual Food Guide below.

Word list

grain foods & starchy vegetables

healthy oils, nuts & seeds

milk, yoghurt & cheese

vegetables & fruit

legumes, fish, seafood, eggs, poultry & lean meat




eat most

vegetables & fruit



eat some

grain foods & starchy vegetables



legumes, fish, seafood, eggs, poultry & lean meat



milk, yoghurt & cheese



healthy oils, nuts & seeds

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats