



Table showing the different needs that each food group supplies and the sources

FOOD GROUP	NUTRITIONAL FOOD VALUES	FOOD SOURCES
Carbohydrates	Provision of energy for growth and activities, for warmth and movement. Aids digestion of other foods.	Starches – potatoes, pasta, rice, pulses, etc Sugars – fruit, milk, sweets, etc
Proteins	Building and repairing tissue in the body, and to keep their bodies working properly	Meat, fish, Soya, pulses, cheese, eggs, nuts, cereals, milk, yoghurts, edible seeds
Fats	Organ insulation, energy stores and help in building up their bodies	Butter, cheese, meat, oils, sunflower seeds,
Vitamins and Minerals	Building, maintaining and repairing their blood, bones, teeth, skin and nerves.	A – liver, oily fish, butter, margarine B – whole cereals, yoghurt, milk, meat, fish, bread, potatoes C – potatoes, tomatoes, citrus fruits,
Fibre	Adds bulk to food, keeps bowels functioning by aiding muscle tone in the gut.	Cereals, whole grains, fruit, vegetables
Water	Provision of the medium in which all body cells function and for the formation of blood and helps in waste elimination	Drinking water, milk and fruit juice