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 food group in the table on the next page.
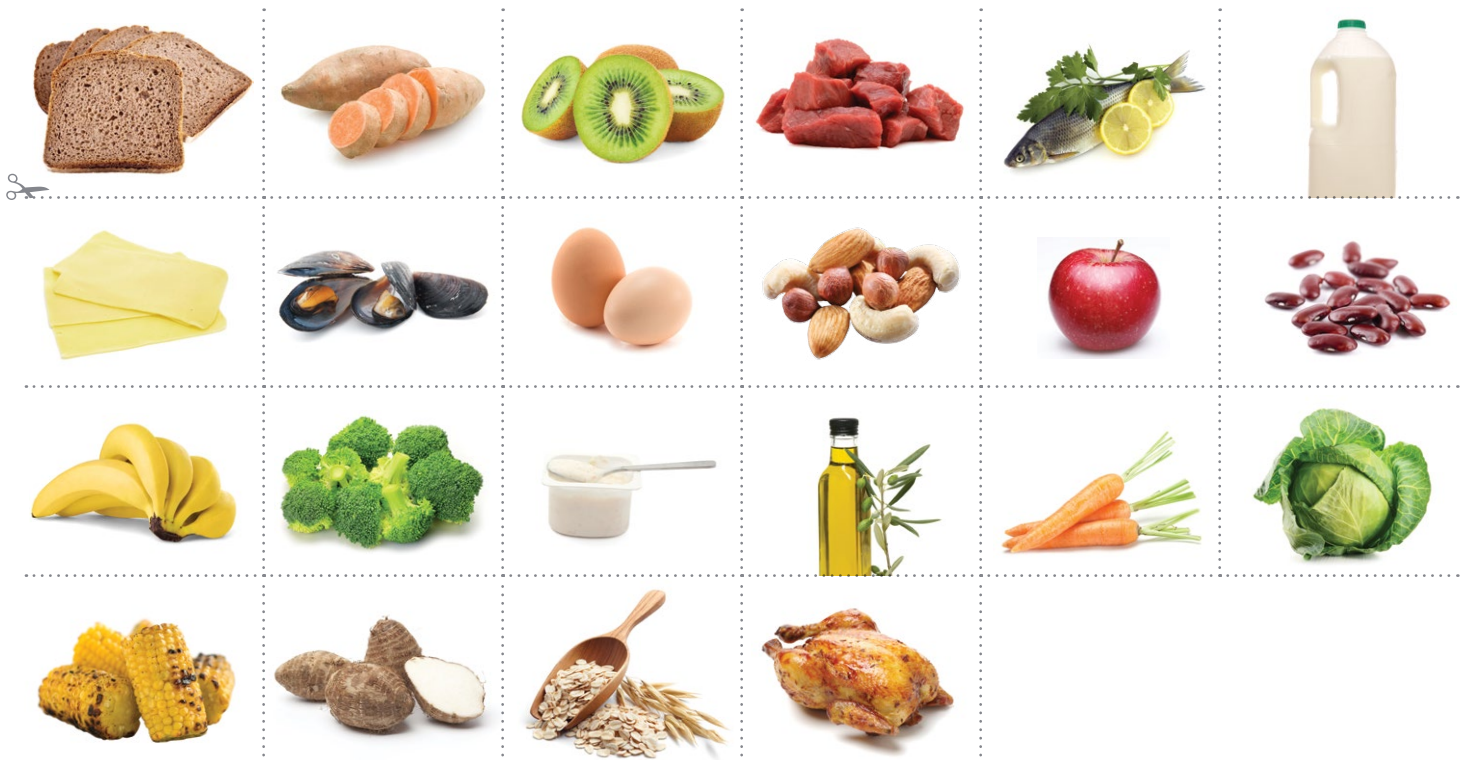
   Hint: there will be more than one picture for each type of food.

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 |

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Heart Foundation™

Type of food	Key nutrients	Health benefits
vegetables & fruit		
grain foods & starchy vegetables		
legumes, fish, seafood, eggs, poultry & lean meat		
milk, yoghurt & cheese		
healthy oils, nuts & seeds		
Type of food	Key nutrients	Health benefits