

Food group plate

Welcome to the Rowett's food group plate activity. This activity will make you think about the food groups that we require to eat a balanced diet and to ensure that we eat to keep healthy. The plate is split into five sections. Fruit & vegetables, carbohydrates, protein, dairy, and fats.

Now you can print out the plate which has a shopping list at the side. Which of those items on the list should go in each area of your plate to keep a healthy balanced diet?

To help you with your choices, the tables on the following page provide more detailed information on some of the foods on the shopping list that you can choose from.

Good luck and have fun.

Banana (1 = 1 portion)	Bananas are a great source of potassium which helps your heart muscle work properly and regulates your blood pressure.
Raisins (dried fruit) (1 heaped tbsp. = 1 portion)	Raisins are a good source of fibre and iron but also contain a lot of sugar so are best eaten at mealtimes, added to cereal, yogurt, salads to reduce the risk of tooth decay.
Broccoli (2 florets = 1 portion)	Broccoli provides vitamin K needed for your blood to clot over cuts and grazes, so they can begin to heal.
Peas (3 heaped tbsp. = 1 portion)	Peas are not classified as a vegetable but a legume, this means they are a good source of protein needed for growth and repair of your body tissues.
Pepper (½ pepper = 1 portion)	Peppers are a great source of Vitamin C which is essential for iron absorption and helps us maintain healthy skin, bones and blood vessels.
Strawberry (20 raspberries = 1 portion)	Berries are rich in vitamins and minerals as well as containing the highest antioxidant levels of any fruit.
Sweetcorn (3 heaped tbsp. = 1 portion)	Sweetcorn is an excellent source of dietary fibre and like all vegetables and fruit it doesn't matter if you eat it fresh, frozen or tinned it still counts towards your 5 a day
Cous-Cous	Cous-cous is quick to prepare and can be added to salads, served with meat and vegetable dishes or used as a replacement for rice or pasta.
Potato	Being starchy they do not count towards your five-a-day. White Potatoes being starchy, do not count towards your five-a-day, but they contain lots of potassium, vitamin C and fibre, just make sure you eat the skin.
Brown Bread	Brown and wholemeal breads contain dietary fibre which is important for good gut health by allowing food to pass through your digestive tract easily.
Pasta	Eating your pasta 'al dente' (slightly firm) means it takes longer for your digestive system to break down the starch into sugar which can help you feel full for longer. Cook pasta in unsalted water as there is usually enough salt in the sauces and cheeses served with your pasta.
Milk	Contains calcium and phosphorus essential for strong healthy teeth. Everyone over the age of 2 years who eats a varied diet can swap to semi-skimmed or 1% milk, which contains half the fat of semi-skimmed milk
Baked beans	Choose lower sugar and salt varieties of tinned baked beans or have a go at making your own where you decide on the amount of salt and sugar added.
Chicken	Cut down on fat by removing the chicken skin. Chicken is an excellent source of protein and is low in fat, especially if you remove the chicken skin.
Nuts	Nuts and nut butters are a good source of fibre, iron and zinc and can be easily stirred into stir fries, curries and smoothies.
Red meat	A rich source of vitamin B12 essential for healthy red blood cells. Try eating smaller portions of red meat by adding more vegetables, pulses and starchy foods to dishes such as stir fries, stews, curries and casseroles.
Olive oil	Keep your heart healthy by using monounsaturated fat rich olive oil and olive oil spreads over butter, ghee and lard which are all high in saturated fat.
Crisps	Baked crisps are lower in fat than standard crisps but it doesn't mean they are low in salt, sugar or indeed fat, so check the food labels and portion sizes.
Sweets	Almost pure sugar and loved by acid producing bacteria in your mouth. The more times you eat sweets, especially between meals, the more your teeth are under attack from acid producing bacteria which can lead to cavities and toothache.