







The food groups

NUTRIENTS

Food is made up of nutritional elements called nutrients. There is a way of classifying food according to its nutrients. In other words, foodstuffs belonging to the same food group share a principal nutrient and serve the same nutritional need. There are seven food groups in total and each group is represented by a colour here.

| | |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>Meat: beef, chicken, etc Fish: trout, cod, etc. Eggs: of a chicken, pigeon, etc. Tofu</p> |
|  | <p>Milk: maternal, cow's milk, etc. Dairy products: yoghurt, custard tarts, etc. Cheese: gruyère, mozzarella, camembert, etc.</p> |
|  | <p>Cereals: rice, corn, oats, pasta, bread, etc. Potatoes Pulses: split peas, lentils, chick peas, beans, etc.</p> |
|  | <p>Fats: oil, butter, etc. Fatty food: bacon, cream, etc. Oleaginous fruit: walnuts, peanuts, etc.</p> |
|  | <p>Fruit: apples, grapes, etc. Vegetables: lettuce, carrots, etc.</p> |
|  | <p>Sweets: sugar, sweets, jam, chocolate, etc.</p> <p>Drinks: water, tea, herbal teas, coffee, etc.</p> |

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THE FOOD GROUPS

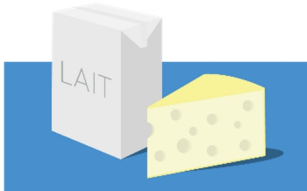
The 'drinks group' of course includes water, but also tea, coffee and herbal teas.



However, it does not include sugary drinks such as cordials and soft drinks or alcoholic drinks. These drinks are part of the 'sugary products group', alongside sugar, jam, chocolate and cakes.



Milk is also not included under 'drinks' as it comes under 'dairy products'.



This group also includes cheese. Dairy products are particularly rich in minerals. There is another type of drink, which belongs to a different group: fruit juice. Fruit juices belong under 'fruit and vegetables'.



Unsurprisingly, this group includes fruit and vegetables, but not all fruit and vegetables. For example, avocados and coconuts are not included as they are rich in fat. This means they belong to the 'fats group'.



The 'fats group' includes oil and butter as well as fatty foods such as cream, and oleaginous fruit. Oleaginous food covers plants, fruit and cereal grains which are rich in oil.

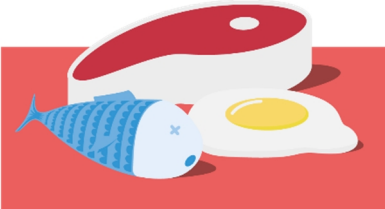
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What about pulses such as lentils and chickpeas? Do you think they belong under the 'fruit and vegetables group'? Well, no! Pulses are rich in carbohydrates so they belong under 'cereals'.



This group is an excellent source of energy and also includes cereal products such as pasta and bread.

Remember that pulses contain protein as well as carbohydrates. This is why they are sometimes included in the 'meat group'.



However, vegetable and leguminous proteins have a lower nutritional value than animal protein. Meat, fish and eggs provide 'complete' proteins, which means they are composed of all of the essential amino acids the body needs; this is not true in the case of pulses, although it is easy to supplement the missing proteins.

All of these food groups are found in NUTRIX. We need to eat more food in some groups than in others. This is one of the requirements of a balanced diet, which we will look at later.

2.1.4 The food groups

Nutrients are the nutritional elements in food.

- True
- False

What defines the different food groups?

- Proteins
- Macronutrients
- Nutrients

How many food groups are there?

- 5
- 7
- 10

Soft drinks belong to...

- the sugary products group
- the proteins group
- the drinks group

Milk belongs to...

- the drinks group
- the dairy products group
- the proteins group

Food in the cereals group is an excellent source of...

- proteins
- energy
- lipids

Avocados belong to...

- the fruit and vegetables group
- the fats group
- the dairy products group

Broad beans, lentils and chickpeas belong to...

- the vegetables group
- the cereals and pulses group
- the sugary products group

The plant proteins in pulses have exactly the same nutritional value as animal proteins.

- True
- False

Pulses and cereals are very rich in...

- proteins
- carbohydrates
- lipids

Answers

Nutrients are the nutritional elements in food.

- True**
Well done! Nutrients are in the food you eat. They each have specific roles to play in your body.
- False**
Wrong! Try again!

What defines the different food groups?

- Proteins**
Wrong! Proteins are included, but they are not the only criterion.
- Macronutrients**
Wrong! It is not just about macronutrients.
- Nutrients**
Well done! Food is grouped according to its main nutrients.

How many food groups are there?

- 5**
Wrong! There are more than that.
- 7**
Well done! That's right, there are seven food groups.
- 10**
Wrong! That's too many.

Soft drinks belong to...

- the sugary products group**
Well done! That's right! The high sugar content of soft drinks means they are classified as a sugary product, alongside confectionery and cakes.
- the proteins group**
Wrong! Soft drinks do not contain protein.
- the drinks group**
Wrong! Soft drinks have a high sugar content so, from a nutritional point of view, they belong in a different group.

Milk belongs to...

- the drinks group**
Wrong! That was a tricky question because, even though milk can be consumed as a drink, it does not actually belong to this group.
- the dairy products group**
Well done! Just like yoghurt and cheese, milk belongs to the dairy products group.
- the proteins group**
Wrong! Although milk is high in protein, it belongs to another food group.

Food in the cereals group is an excellent source of...

- proteins**
Wrong! Cereals contain some proteins, but they are not the main source of protein.
- energy**
Well done! Cereals have a high carbohydrate content, so they are a great source of energy for your body.
- lipids**
Wrong! Cereals contain very few lipids.

Avocados belong to...

- the fruit and vegetables group**
Wrong! Avocados are fruit, but their high lipid content means they are classified in a different group.
- the fats group**
Well done! Owing to their high lipid content, avocados are classified in the fats group, just like coconuts.
- the dairy products group**
Wrong! Milk and cheese belong to this group.

Broad beans, lentils and chickpeas belong to...

- the vegetables group**
Wrong! Pulses do not belong to the fruit and vegetables group.
- the cereals and pulses group**
Well done! Pulses and cereals are rich in carbohydrates.
- the sugary products group**
Wrong! Try again!

The plant proteins in pulses have exactly the same nutritional value as animal proteins.








- True**
Wrong! Try again!
- False**
Well done! The plant proteins in pulses have a lower nutritional value than animal proteins as, unlike proteins of animal origin, they do not contain all the essential amino acids.

Pulses and cereals are very rich in...

- proteins**
Wrong! Although pulses and cereals contain proteins, these are not the main macronutrient.
- carbohydrates**
Well done! Pulses and cereals are a great source of energy for your brain and your body.
- lipids**
Wrong! Pulses and cereals contain few lipids.

The colour palette

[11-13 years old and 14-16 years old]

| | |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Meat: beef, chicken, etc. Fish: trout, cod, etc. Eggs: of a chicken, pigeon, etc. Tofu |
|  | Milk: maternal, cow's milk, etc. Dairy products: yoghurt, custard tarts, etc. Cheese: gruyère, mozzarella, camembert, etc. |
|  | Cereals: rice, corn, oats, pasta, bread, etc. Potatoes |
|  | Pulses: split peas, lentils, chick peas, beans, etc. Fats: oil, butter, etc. Fatty food: bacon, cream, etc. Oleaginous fruit: walnuts, peanuts, etc. |
|  | Fruit: apples, grapes, etc. Vegetables: lettuce, carrots, etc. |
|  | Sweets: sugar, sweets, jam, chocolate, etc. |
|  | Drinks: water, tea, herbal teas, coffee, etc. |

Each component of a meal has a colour to indicate its corresponding food group. Create the colour 'palette' for each meal by colouring the circles according to the food groups it includes.

For example, a cheese and ham sandwich



Meal 1: lentil salad, chicken, rice, yoghurt and water



Meal 2: spaghetti bolognese, chocolate mousse, Coca-Cola



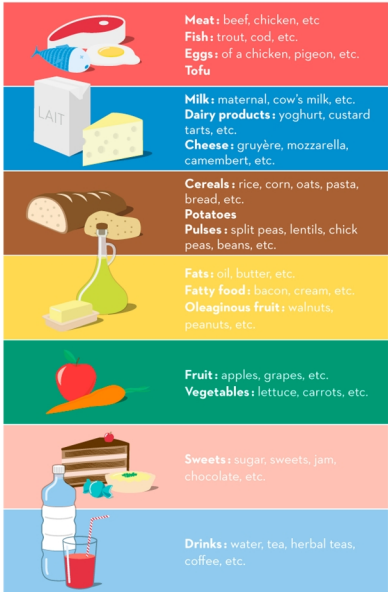
Meal 3: avocado, tuna, marinated vegetables, apple juice



Answers

The colour palette

[11-13 years old and 14-16 years old]



Each component of a meal has a colour to indicate its corresponding food group. Create the colour 'palette' for each meal by colouring the circles according to the food groups it includes.

For example, a cheese and ham sandwich



Meal 1: lentil salad, chicken, rice, yoghurt and water



green, red, brown, dark blue, light blue

Meal 2: spaghetti bolognese, chocolate mousse, Coca-Cola



brown, red, pink

Meal 3: avocado, tuna, marinated vegetables, apple juice



yellow, red, green

Scattergories

[8-10 years old and 11-13 years old and 14-16 years old]

Find a foodstuff for each food group and the letter indicated.





For example: the letter C

| |  |  |  |  |  |  |  |
|---|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| C | coffee | carrots | cereals | cod | camembert | cashews | Cookies |
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Food and the food groups

[8-10 years old and 11-13 years old and 14-16 years old]

Put the following foodstuffs into their corresponding food group: flour, strawberries, olive oil, salmon, lentils, avocados, eggs, bananas, pineapples, lamb, chips, tea, Coca-Cola, oysters, butter, lettuce, rice, crisps, courgettes, chocolate, tomato juice.

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Food and the food groups

[8-10 years old and 11-13 years old and 14-16 years old]

Put the following foodstuffs into their corresponding food group: flour, strawberries, olive oil, salmon, lentils, avocados, eggs, bananas, pineapples, lamb, chips, tea, Coca-Cola, oysters, butter, lettuce, rice, crisps, courgettes, chocolate, tomato juice.

| | |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------|
|  | Tea |
|  | Strawberries, bananas, pineapples, lettuce, courgettes, tomato juice |
|  | Four, crisps, chips, rice, lentils |
|  | Salmon, eggs, lamb, oysters |
|  | Milk |
|  | Olive oil, avocados, butter |
|  | Coca-Cola, chocolate |

Answer: **Drinks:** tea, **Fruit & vegetables:** strawberries, bananas, pineapples, lettuce, courgettes, tomato juice, **Cereals potatoes & pulses:** flour, crisps, chips, rice, lentils, **Meat, fish, eggs & tofu:** salmon, eggs, lamb, oysters, **Dairy products:** milk, **Fats:** olive oil, avocados, butter, **Sweets:** Coca-Cola, chocolate.