

Worksheet 1.1a

Food Groups and Healthy Eating



Healthy eating means choosing the right kinds of foods that help the body grow strong, stay healthy, and provide energy for activities like playing and learning. To eat healthily, it is important to enjoy a variety of foods like fruits, vegetables, whole grains, and drink plenty of water, while limiting sugary snacks and drinks.

Use the [Discover Dairy Everyday Nutrition Interactive](#) and answer the questions below.

1. Name the five food groups.



2. In Australia, many people are not meeting the recommended daily intake for several food groups. Which food groups do you think people are not consuming enough of?

3. What should you eat in moderation and why?

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Use the [Australian Guide to Healthy Eating | Eat For Health](#) to answer the question below.

4. Cut out the images below and paste one in each column. Complete the table to show how many serves of each food group you should eat?

Image					
Name of food group					
Number of serves a person my age (__) years old should eat each day					



Discover Aussie Dairy