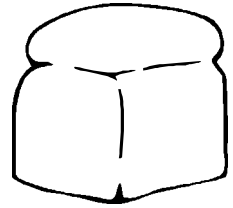
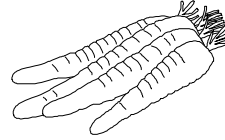
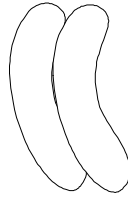




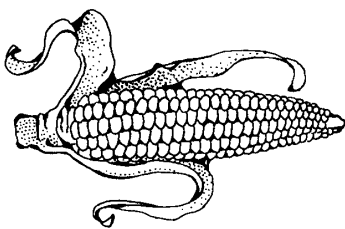
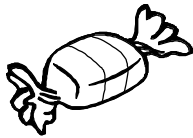
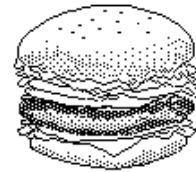
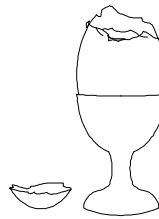
**LO: To be able to  
sort foods into  
groups.**



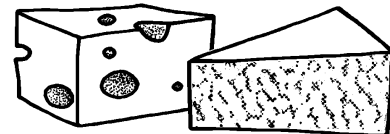
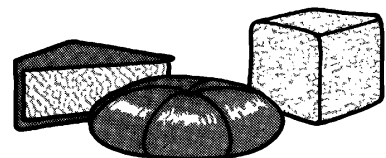
Can you help Fred the chef to  
organise the food into groups?

He has to sort them into:

1. Meat and fish;
2. Milk, cheese and butter [*fats*]
3. Bread and things made with  
flour or grains [*starches and  
sugar*];
4. Fruit;
5. Vegetables.



Lobster



**Task:**

**Groups 1 - 4:** Draw and label some foods in each food group. Use the support sheet to help.

**Group 5:** Cut out the foods from the support sheet and stick them onto this food group sheet.

**Meat and fish.**

**Milk, cheese and butter.** [*fats*]

**Bread, cereals, and sugary things.** [starchy food]

**Fruit**

**Vegetables**

**Extension:** Add some other foods to the boxes. Discuss where they should go with your friends.