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 \textit{[fats]}
3. Bread and things made with flour or grains \textit{[starches and sugar]};
4. Fruit;
5. Vegetables.

\textbf{LO: To be able to sort foods into groups.}
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.