

# Science

Carrying on with Healthy Living Week, can you find out more information about the different food groups?



- Carbohydrates
  - Proteins
- Fruit and Vegetables
  - Dairy
- Fats and sugars



You could make a poster or leaflet to tell someone else in your house about everything you have learnt. You can write information and draw and label pictures of different foods to show the groups they belong to.

Watch this video on YouTube to find out more information:

**The Five Fabulous Food Groups**

Look at the PowerPoint to find out lots of facts. You can look on kiddle.com too!

When you've found out lots of information, test yourself by taking part in this quiz to see what you have learnt:

<https://www.educationquizzes.com/ks2/personal-social-and-health-education/food-groups/>