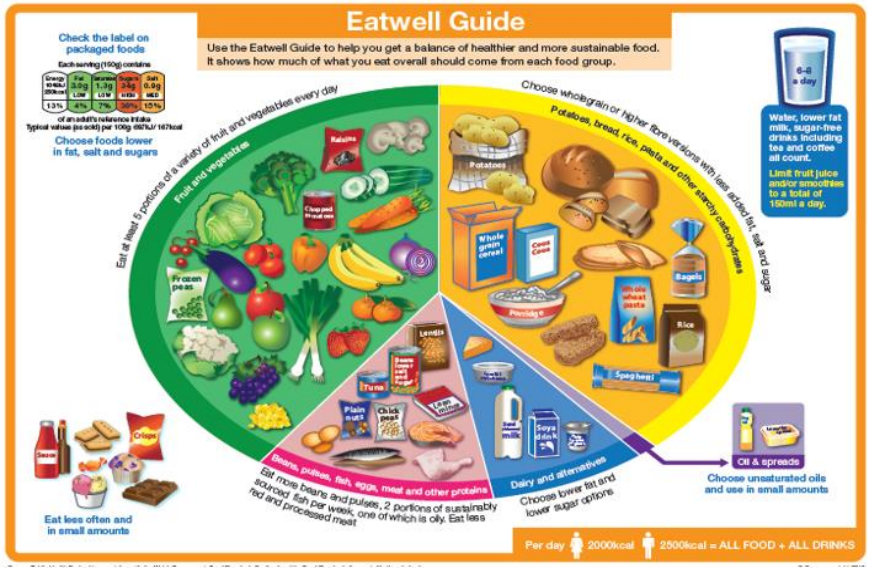
Facts about Food

	Fruit and Vegetables	Apples, beans, peas, sweet corn; for fibre, vitamins and minerals.		Fats and Oils	Butter, cooking oil; for energy
	Milk and Dairy	Milk, yogurt, cheese; gives us calcium for bones and teeth		Carbohydrate	Potatoes, rice, pasta, cereals, sugars; for energy
	Protein	Meat, fish, quorn, soya, beans; for muscles and growth	The different foods have different jobs in our bodies. We need a balance of the different foods in different amounts to keep our bodies healthy.