# Food for thought

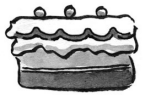
## Background knowledge

You should think about what you eat, as your health depends on it. The food groups that provide you with the most energy are *carbohydrates* (sugars and starches) and *fats,* although fats do not provide energy as quickly as carbohydrates do. Examples of foods high in carbohydrates are cereals, breads, cookies, crackers, potatoes, and rice. Oils and butter are high in fat. Foods that provides you with the raw materials you need for growth and repair are rich in a substance called *protein.* Meat, poultry, fish, eggs, and beans are all high in protein. Living things also need *vitamins* and *minerals* to remain healthy. Fruits and vegetables are foods naturally rich in vitamins and minerals.

## Science activity

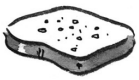
Classify each of the foods shown in the picture below according to what your body needs them for.

Fish

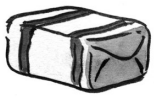

Cake

Egg

Apple


Bread

Cabbage


Butter

Beans

| Growth and repair | Energy | Health |
|---|---|---|
| ..... | ..... | ..... |
| ..... | ..... | ..... |
| ..... | ..... | ..... |

### Science investigation

Keep a record of what you eat over two days and ask a friend to do the same. When classifying what you eat, remember that some meals you eat may have a number of foods combined into one dish. For example, pizza may have meat (growth and repair), tomato sauce (vitamins and minerals) and the crust (energy). Compare your diets. What did you learn?

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