


# Comparing Meals

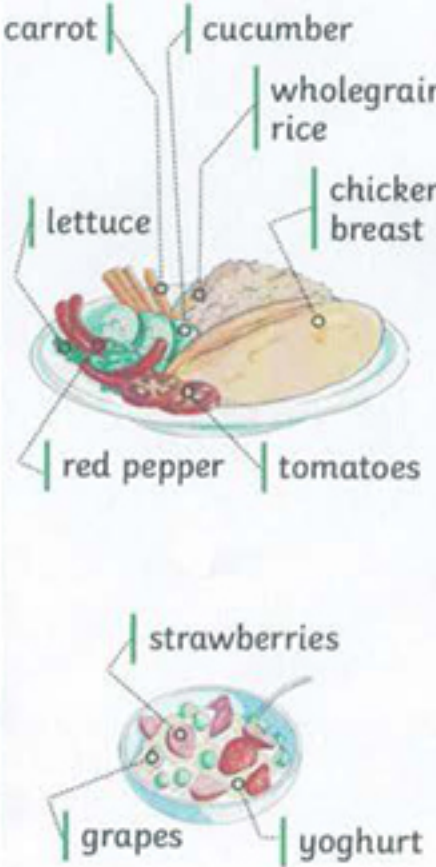
To sort foods into food groups and find out about the nutrients that different foods provide.



Look carefully at the foods that each of these meals contains.

Write down the name of each food, the main food group that it is in and the nutrients that it provides (remember that many foods provide more than one nutrient).

| Meal 1   | Food      | Main Food Group | Nutrients       |
|--|-----------|-----------------|-----------------|
|  | pasta     | carbohydrates   | fiber           |
|  |           |                 | Selenium        |
|  |           |                 | copper          |
|  | cheese    | dairy           | calcium         |
|  | ice cream | dairy           | calcium         |
|  | chocolate | Sweets          | iron, manganese |
|  | cherry    | fruit           | vitamins        |
|  |           |                 |                 |
|  |           |                 |                 |
|  |           |                 |                 |

| Meal 2   | Food            | Main Food Group                  | Nutrients          |
|--|-----------------|----------------------------------|--------------------|
|  | carrot          | vegetables                       | vitamins, minerals |
|  | cucumber        | vegetables<br><del>x fruit</del> | vitamins, minerals |
|  | wholegrain rice | grains                           | carb<br>minerals   |
|  | chicken breast  | protein                          | iron, vit b6       |
|  | lettuce         | vegetables                       | vitamin C          |
|  | red pepper      | fruit                            | vitamin C          |
|  | tomatoes        | fruit                            | vitamin C          |
|  | strawberries    | fruit                            | antioxidants       |
|  | grapes          | fruit                            | copper, vit K      |
|  | yoghurt         | dairy                            | calcium            |