

SCIENCE / DESIGN & TECHNOLOGY · Y2–Y6

Food Groups & Healthy Eating

The Eatwell Guide — KS2

The five food groups

1

Carbohydrates

Provides energy. Includes bread, pasta, rice, potatoes, cereals. Wholegrain versions are healthier.

Example: About 1/3 of your plate

2

Fruit and vegetables

Provides vitamins, minerals, and fibre. At least 5 different portions a day.

Example: About 1/3 of your plate

3

Protein

Builds and repairs muscles and cells. Includes meat, fish, eggs, beans, lentils, tofu, nuts.

Example: About 1/6 of your plate

4

Dairy and alternatives

Provides calcium for strong bones and teeth. Includes milk, cheese, yogurt, and fortified plant milks.

Example: About 1/6 of your plate

5

Oils and spreads

Needed in small amounts. Unsaturated oils (olive, sunflower) are healthier than saturated fats.

Example: Small amount only

Design a balanced meal



- Draw or write a balanced meal that includes all five food groups.
- Which food group is hardest to include? Why?
- Look at a day's meals — does it meet the Eatwell Guide? What could be improved?
- Can you design a meal that is balanced, affordable, and tasty?

