## Spot the Difference

What is the difference between food groups and types of nutrients?

Food Groups

## fruit and vegetables These are important Important as sources of vitamins and for giving us energy minerals which reduce your risk of disease and keep you healthy. milk and dairy These are important for strong bones and teeth. These are very important for helping us grow and build muscles. oils and spreads food / drink high in Choose unsaturated oils fat and I or sugar and use in small amounts. Eat less often and in small amounts.

## Types of Nutrient

