

PSHE – Food Groups

Type of Food Group	Function	Examples
Carbohydrates		
Protein		
Vitamins & Minerals		
Fats and Oils		
Fibre		
Water		

Function

Helps your body work properly

Needed for chemical reactions in our body

Helps your body grow and repair itself

Acts as an energy store

Gives you energy

Cleans our digestive system

Examples

