

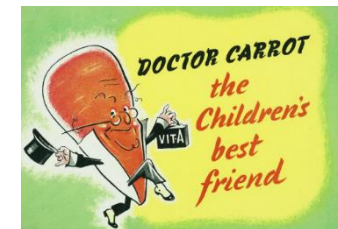
Science – Food groups and nutrition

This picture shows what food was given for 1 adult to last a week during the Second World War. Imagine not being able to pop to the shops and buy jam or treat yourself to sweets! People had to adapt to what they had and in turn, change their usual diet...

Questions to answer:

What would be good about these foods being rationed? How could this have affected people's health?
What would be not as good about these foods being rationed?

The Ministry of Food encouraged people to eat healthily. Potatoes and carrots were easy to get hold of, so a campaign was launched introducing the characters Potatoes Pete and Dr Carrot! How could this have affected people's diets?



Food Groups

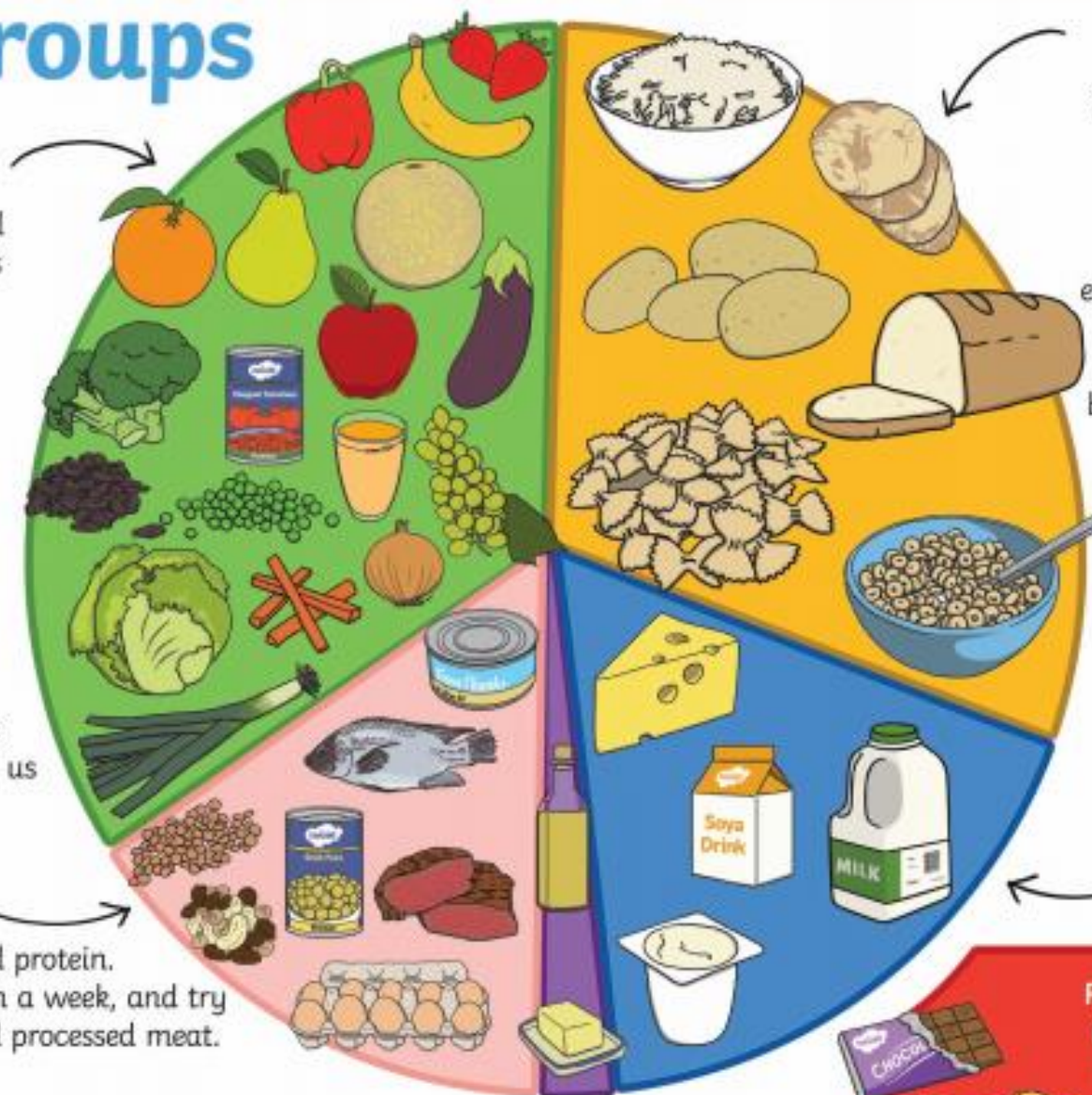
Fruit and Vegetables

These are good sources of vitamins and minerals and fibre. Aim to eat 5 portions a day! Choose from fresh, frozen, tinned, dried or juiced. Fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.

Proteins

Proteins such as beans, pulses, fish, eggs, meat are very important for helping us grow and build muscles. Beans and pulses are a good alternative to meat as they contain less fat and are higher in fibre and protein. Try to eat 2 portions of fish a week, and try to reduce intake of red and processed meat.

Oil and Spreads Choose unsaturated oils and spreads and use in small amounts. Eat sparingly.



Carbohydrates

Starchy foods such as potatoes, bread, rice, pasta and cereals should make up just over a third of the food you eat. These are important for giving us energy. Choose higher-fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes.

Dairy and Alternatives

These are a source of calcium which is important for strong teeth and bones. Choose lower fat and sugar options.

Food and Drinks High in Fat and / or Sugar
Eat less often and in small amounts.

