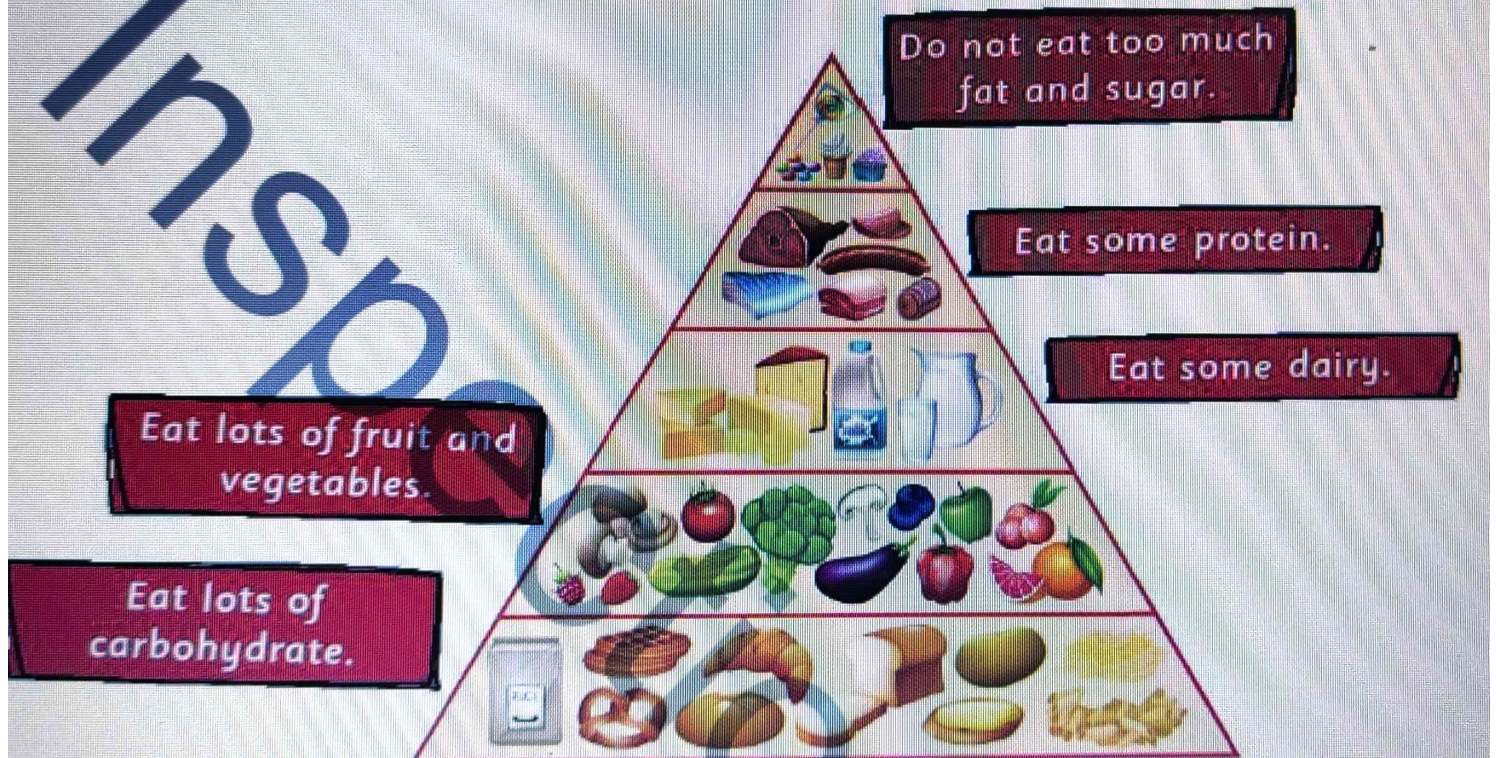


Fruit and vegetables keep us healthy.

Your diet is the food you eat. This food pyramid shows a **healthy diet**.



4.1. Food groups

Foods can be put into groups.

You need **fruit and vegetables** to be healthy.

You need **carbohydrate** for energy.



You need **protein** (such as meat and fish) for growth.

You should not eat too much **fat and sugar**.

You need **dairy foods** for strong bones and teeth.