

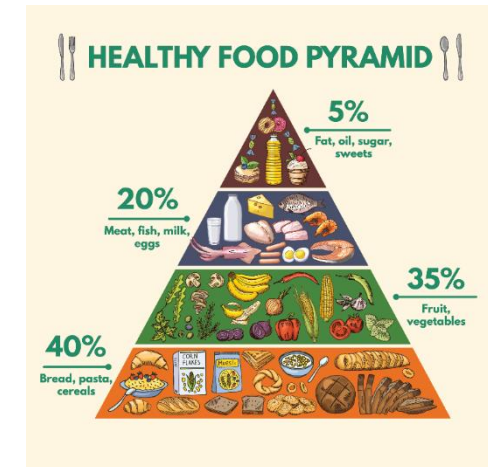
Animals including Humans - Nutrition

Carbohydrates – these are starchy foods that fill us up and give us a lot of energy. Examples include: bread, cereal and potatoes.

Fats and sugars – we don't need to eat foods from this group in order to survive because foods from other groups also contain fats and sugars. Examples include: cakes, chocolate and crisps.

Protein – meat, fish and eggs are full of protein. When we eat food from this group, we are helping to keep our muscles nice and strong.

Dairy – foods in this group are all made from milk and include: butter, cream, cheese and yoghurt. They contain calcium, which helps us to build healthy teeth and bones.



predator	carbohydrates	fruit	minerals
prey	dairy	vegetables	balanced
diet	fats	sugar	food groups
nutrition	protein	vitamins	healthy