





<p>Protein</p>	<p>Apples, beans, peas, sweet corn; for fibre, vitamins and minerals.</p>	
<p>Carbohydrate</p>	<p>Butter, cooking oil; for energy</p>	
<p>Milk and Dairy</p>	<p>Potatoes, rice, pasta, cereals, sugars; for energy</p>	
<p>Fats and Oils</p>	<p>Milk, yogurt, cheese; gives us calcium for bones and teeth. Fat also helps to keep us warm.</p>	
<p>Fruit and Vegetables</p>	<p>Meat, fish, quorn, soya, beans; for muscles and growth</p>	

