

We should get  
2,000 kcal per  
day from these  
food groups

## Vocabulary Healthy Eating

What should we eat every day – and how much?

Complete the gaps to show which foods belong to which food groups:

1. O I L
2. B \_\_\_\_\_ R
3. C \_\_\_\_\_ E
4. B \_\_\_\_\_ T
5. I \_\_\_\_\_ E C \_\_\_\_\_ M

**TOTAL FAT:** less than 70g

6. J \_\_\_\_\_ M
7. S \_\_\_\_\_ S
8. C \_\_\_\_\_ E
9. H \_\_\_\_\_ Y
10. S \_\_\_\_\_ T D \_\_\_\_\_ K

**TOTAL SUGARS:** 90g

11. B \_\_\_\_\_ N
12. Q \_\_\_\_\_ E
13. M \_\_\_\_\_ E
14. S \_\_\_\_\_ E
15. W \_\_\_\_\_ D C \_\_\_\_\_ M

**SATURATES:** less than 20g

16. R \_\_\_\_\_ E
17. P \_\_\_\_\_ O
18. B \_\_\_\_\_ D
19. C \_\_\_\_\_ L
20. P \_\_\_\_\_ A

**CARBOHYDRATE:** at least 260g

21. B \_\_\_\_\_ F
22. F \_\_\_\_\_ H
23. N \_\_\_\_\_ T
24. C \_\_\_\_\_ N
25. D \_\_\_\_\_ Y

**PROTEIN:** 50g

26. F \_\_\_\_\_ H F \_\_\_\_\_ S
27. R \_\_\_\_\_ Y M \_\_\_\_\_ S
28. I \_\_\_\_\_ T N \_\_\_\_\_ S
29. S \_\_\_\_\_ D P \_\_\_\_\_ S
30. P \_\_\_\_\_ D M \_\_\_\_\_ T

**SALT:** less than 6g