



# Eight food-group cards

Cut along the table lines, or point to a card without cutting.

Use with the five-group reference. This eight-card model does not show every group or any exact portion.

| Card    | Card                       |
|---------|----------------------------|
| Rice    | Bread                      |
| Carrot  | Apple                      |
| Chicken | Beans                      |
| Milk    | Fortified soya alternative |

Print only the sets you need. Adult preparation is an alternative to pupil cutting. These are original teaching labels and simplified models.



# Five broad group headings

Cut along the table lines, or point to a card without cutting.

Words identify the group; colour is not required. These are broad Eatwell groups. Balance concerns a day/week and individual needs are outside this model.

| Card                                                     | Card                              |
|----------------------------------------------------------|-----------------------------------|
| <b>FRUIT AND VEGETABLES</b>                              | <b>STARCHY CARBOHYDRATE FOODS</b> |
| <b>BEANS, PULSES, FISH, EGGS, MEAT AND OTHER PROTEIN</b> | <b>DAIRY AND ALTERNATIVES</b>     |
| <b>OILS AND SPREADS</b>                                  |                                   |

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# Reference examples beyond the eight cards

Cut along the table lines, or point to a card without cutting.

These optional reference labels explain the group not shown by the source eight-card activity; they do not prescribe amounts.

| Card                                        | Card                                            |
|---------------------------------------------|-------------------------------------------------|
| <b>Olive oil — oils and spreads example</b> | <b>Lentils — another protein-source example</b> |

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# Two model cases

Cut along the table lines, or point to a card without cutting.

Place the listed cards. Compare group roles; do not infer exact nutrient equivalence.

| Card                                          | Card                                                              |
|-----------------------------------------------|-------------------------------------------------------------------|
| <b>Case A</b><br>Rice, chicken, carrot, milk. | <b>Case B</b><br>Bread, beans, apple, fortified soya alternative. |

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