

Module 1 – The five basic food groups

SOURCES OF NUTRITION

The five basic food groups are foods that we need to eat from every day to stay healthy. The five basic food groups are:

Group 1: Protein and meat group;

Group 2: Calcium and milk group;

Group 3: Fruit and vegetables group;

Group 4: Cereal group; and

Group 5: Fats and oils group.