Overview
Learners have previous experience of looking at food groups and understanding the categories that foods fall into. They use this understanding to classify and sort the food pictures provided.

Activity
- Ask the learners to think about all the foods they know and create a list of these foods.
- Using Resource 4, ask the learners to work in pairs to sort the pictures into healthy and unhealthy foods.
- Encourage them to suggest different ways of sorting their pictures – for example into ‘sweet’ and ‘savoury’ – and allow them to carry out their own sort, individually or in pairs.
- Remind the learners about the five different food groups. Using the list of foods they have created, discuss the types of food they might see in each group.
- Provide copies of Resource 5 and ask the learners to use the categories provided to sort the pictures into the food groups.
- When they have finished, ask them to explain where they put each food and why.

Ideas for Differentiation
Decreasing Difficulty
- Use a selection of real food items and sort them for one criterion, which the learners could suggest (for example fruit/not fruit).
- Use only a small selection of the food cards and make the sorting categories personal, such as ‘foods I like’ and ‘foods I don’t like’.

Increasing Difficulty
- Ask the learners to create a dinner menu which incorporates at least one item from each food group.
- Provide pictures of relatively unhealthy foods and drinks, and ask the learners to choose healthier alternatives and talk about the reasons for their choices.
Resource 4: Healthy and Unhealthy Foods

healthy

unhealthy
Resource 4: **Healthy and Unhealthy Foods**

<table>
<thead>
<tr>
<th>Healthy Foods</th>
<th>Unhealthy Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>🍊 Oranges</td>
<td>🍟 Potato Chips</td>
</tr>
<tr>
<td>🍯 Jelly Beans</td>
<td>🍪 Cookies</td>
</tr>
<tr>
<td>🍓 Strawberries</td>
<td>🍨 Gummy Bears</td>
</tr>
<tr>
<td>🍌 Bananas</td>
<td>🍪 Brownies</td>
</tr>
<tr>
<td>🍒 Blackberries</td>
<td>🍪 Chocolate Cookies</td>
</tr>
</tbody>
</table>
Resource 4: Healthy and Unhealthy Foods
fruit and vegetables
bread, rice, potatoes and pasta
meat, fish, eggs and beans
foods and drinks high in fats and/or sugar
Resource 5: Food Groups
Resource 5: Food Groups

- Ice cream cones
- Cola
- Potato chips
- Blueberry muffin
Resource 5: Food Groups
Resource 5: **Food Groups**

- Carrots
- Snap peas
- Apple
- Oranges
Resource 5: **Food Groups**
Resource 5: **Food Groups**

- Kiwi
- Grapes
- Bread
- Potatoes
Resource 5: **Food Groups**

- Oatmeal with raisins and almonds
- Toast with baked beans
- Red kidney beans in a bowl
- Canned tuna

© iStockphoto/thinkstockphotos.com
© iStockphoto/thinkstockphotos.com
© iStockphoto/thinkstockphotos.com
© Hemera/thinkstockphotos.com
© Stockphoto/thinkstockphotos.com
© Stockphoto/thinkstockphotos.com
© Stockphoto/thinkstockphotos.com
© Stockphoto/thinkstockphotos.com
Resource 5: Food Groups