

FOOD GROUPS

DEFINITION

- Grouping of food stuff according to their similar nutritive contents.
- Can be from both Animal & Plant origin.
- One group usually have more than one type of food constituents/products.

Fruit and vegetables



Bread, other cereals, and potatoes



Meat, fish and alternatives



Foods containing fat and foods containing sugar



Milk and dairy products



GROUPED PLACEMENT



Gautam Singh , Hospitality Trainer , 07830294949

The Balance of Good Health

Fruit and vegetables

Bread, other cereals and potatoes

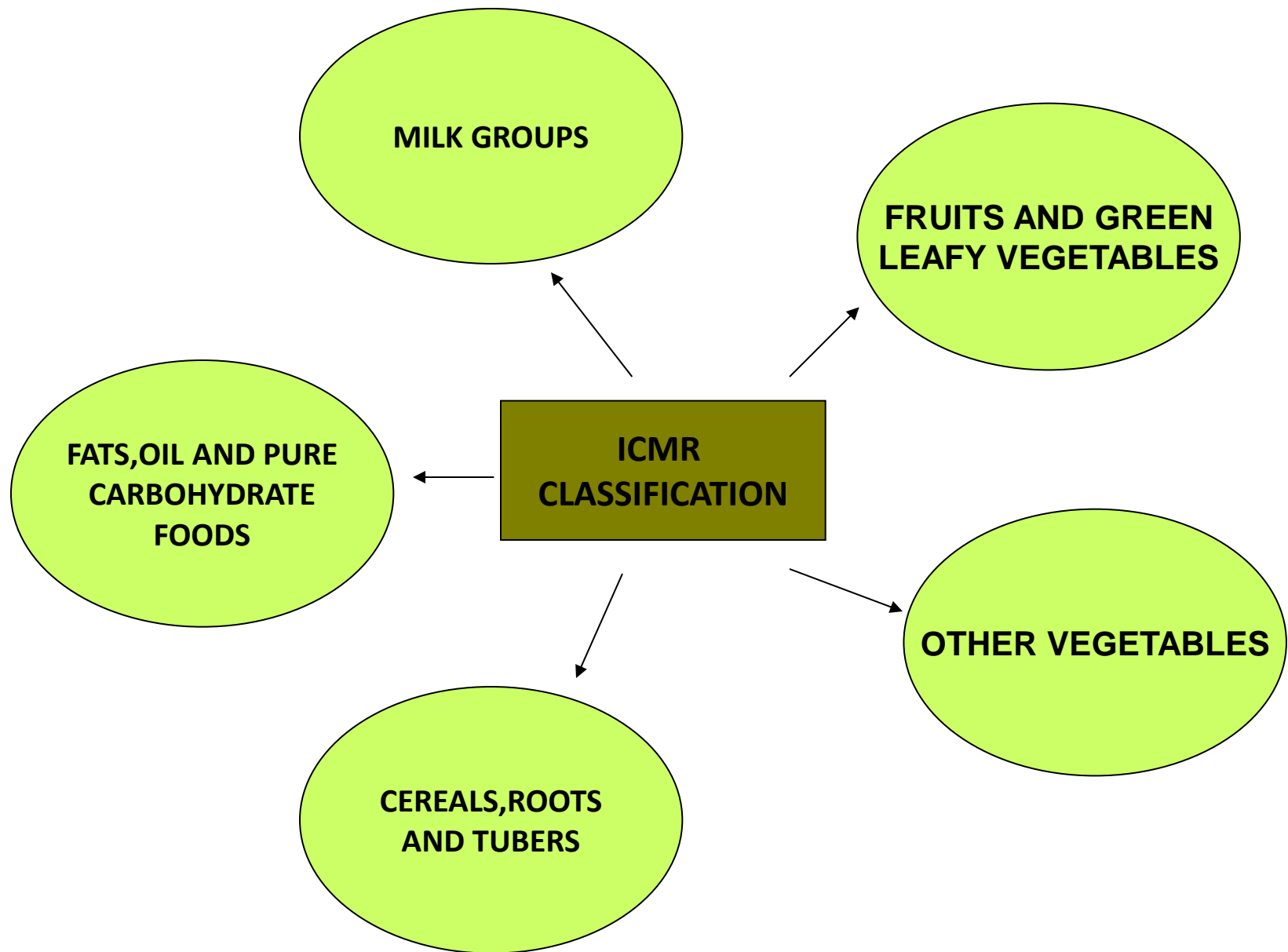


Meat, fish and alternatives

Foods containing fat
Foods containing sugar

Milk and dairy foods

Gautam Singh , Hospitality Trainer , 07830294949



11 CATEGORY FOOD GROUPS

- Cereals and Millets
- Pulses and Legumes
- Nuts and oil seeds
- Vegetables
- Fruits
- Milk and Milk products
- Egg

11 CATEGORY FOOD GROUPS

- Meat, fish and other fleshy foods
- Fats and oils
- Sugar and Jaggery
- Spices and condiments

YOUR CAREER

YOUR FUTURE

YOUR ABILITY

YOUR SUCCESS

YOUR DREAMS

 **0 7830294949**

Gautam Singh , Hospitality Trainer , 07830294949