**Dear applicant,**

As part of the Induction process within Science, and to help you make the best possible start to your studies at Sheffield College, we have put together some preparatory work that you will need to complete before you start. This work will enable you to get a feel for the type of tasks you will be undertaking throughout the course. It is important to note that this will be your first piece of college coursework so doing your best will allow us to assess your capabilities early on.

**FINDING THE FOOD GROUP**

The food we eat can be divided into **five food groups**. To keep healthy, we should follow a balanced diet. That means eating a variety of different types of food in the right proportions. The Eatwell Plate below is divided into the five food groups. We should try to eat more of the two largest food groups and less of the food groups which have a smaller section on the plate.

1. **Label each section of the Eatwell Plate with one of these labels.**

Use the information by each section to help you. • bread, rice, potatoes, pasta and other starchy foods • fruit and vegetables • meat, fish, eggs, beans and other non-dairy sources of protein • milk and dairy foods • foods and drinks high in fat and/or sugar

K**ind Regards**

**The Science Team**