




## Back-to-Basics

### Introducing the Food Groups

Subject:	Details:
<p><b>1. The Food Groups</b></p> 	<p>What are the main categories of Food Groups?</p> <ul style="list-style-type: none"> <li>• Fats / Oils</li> <li>• Dairy Products</li> <li>• Meat and Poultry Products</li> <li>• Seafood</li> <li>• Fruits</li> <li>• Vegetables</li> <li>• Grains and Beans</li> </ul>
<p><b>2. Fats / Oils</b></p> 	<p>Fats and oils, sometimes categorized with sweets, is typically a very small category in nutrition guides, if present at all, and are sometimes listed apart from other food groups. Butter is mainly considered as Dairy ...</p> <p>There are two types of oils and fat: Animal fats and Vegetable/Plant based fats</p> <p>Examples include:</p> <ul style="list-style-type: none"> <li>• Cooking oil</li> <li>• Butter</li> <li>• Margarine</li> <li>• Shortening</li> </ul>
<p><b>3. Dairy Products</b></p> 	<p>Dairy, also called milk products and sometimes categorized with milk alternatives, is typically a smaller category in nutrition guides. Examples of dairy products are:</p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Yogurt</li> <li>• Cheese</li> <li>• Butter</li> </ul>

#### 4. Meats and Poultry



Meat, sometimes labeled protein is typically a medium- to smaller-sized category in nutrition guides.

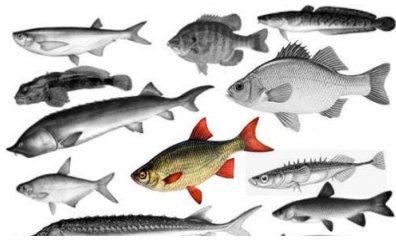
Examples include:

- Pork
- Beef
- Veal
- Game



- Chicken
- Turkey
- Duck
- Goose
- Game Poultry

#### 5. Seafood



Seafood needs to be divided into 3 sub-categories:

- Fish



- Shellfish



- Crustaceans

## 6. Fruits



Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

**Examples for the most common fruits are (just to mention some):**

- Banana
- Apple
- Pear
- Mango
- Papaya
- Grapes
- Kiwi
- Lemon
- Lime
- Orange
- Melon (Cantaloupe, Honeydew, Watermelon)
- Strawberries
- Raspberries
- Blackberries
- Red and black Current
- Gooseberries
- Apricots
- Prunes
- Cherries
- Mandarins
- Nectarines
- Peaches
- Grapefruits
- Pineapples
- Plums

### 100% Fruit Juices:

- Orange
- Apple
- Grape
- Grapefruit

## 7. Vegetables



Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into 4 subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

### Dark green vegetables

- Bok Choy
- Broccoli
- Dark green leafy lettuce
- Romaine lettuce
- Spinach
- Watercress

### Red & orange vegetables

- Squash
- Pumpkin
- Red peppers
- Sweet potatoes
- Tomatoes
- Tomato juice

### Other vegetables

- Okra
- Onions
- Parsnips
- Turnips
- Zucchini
- Mushrooms

### Starchy vegetables

- Corn
- Green Bananas
- Green peas
- Potatoes
- Taro

### Other vegetables

- Artichokes
- Asparagus
- Avocado
- Bean sprouts
- Beets
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Green peppers
- Iceberg (head) lettuce

## 8. Grains and Beans



Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, whole grains and refined grains.

Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples include:

- Whole-wheat flour
- Bulgur (cracked wheat)
- Oatmeal
- Whole cornmeal
- Brown rice

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are:

- White flour
- Cornmeal
- White bread
- White rice

Most refined grains are *enriched*. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word “enriched” is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

Some commonly eaten grain products are:

### Whole grains:

- Amaranth
- Brown rice
- Buckwheat
- Bulgur (cracked wheat)
- Oatmeal
- Popcorn
- Whole wheat cereal flakes
- Muesli
- Rollled oats
- Whole grain barley
- Whole grain cornmeal
- Whole rye
- Whole wheat bread
- Whole wheat crackers
- Whole wheat pasta
- Whole wheat Sandwich buns & rolls
- Whole wheat tortillas
- Wild rice

### Refined grains:

- Cornbread\*
- Corn tortillas\*
- Couscous\*
- Flour tortillas\*
- Grits
- Noodles\*
- Spaghetti\*
- Macaroni\*
- Pitas\*
- Pretzels
- White bread
- White sandwich buns and rolls
- White rice

*\* Most of these products are made from refined grains. Some are made from whole grains. Check the ingredient list for the words “whole grain” or “whole wheat” to decide if they are made from a whole grain. Some foods are made from a mixture of whole and refined grains. Some grain products contain significant amounts of bran. Bran provides fiber, which is important for health. However, products with added bran or bran alone (e.g., oat bran) are not necessarily whole grain products.*



## Training Notes:

<p><b>Introduce</b></p> <ul style="list-style-type: none"><li>- Yourself, the task, what TM will learn and how testing is conducted</li></ul>
<p><b>Demonstrate When To Start and Materials</b></p> <ul style="list-style-type: none"><li>- Getting prepared immediately when the duty starts</li><li>- Materials: Food products</li></ul>
<p><b>Demonstrate Actions</b></p> <ul style="list-style-type: none"><li>- Use job rehearsal to demonstrate steps</li><li>- Explain why each step is performed in a certain way.</li><li>- Explain what team members should notice when doing each step and any safety precautions</li></ul>
<p><b>Demonstrate the Result and Task Standards</b></p> <ul style="list-style-type: none"><li>- Knowing specific food categories / food groups</li></ul>
<p><b>Practice</b></p> <ul style="list-style-type: none"><li>- TM explains each step of task during practice. Check for errors and remind TM to correct them immediately, Task performed independently of trainer and to standard</li></ul>
<p><b>Test for knowledge</b></p> <p>Q. What are the 3 sub categories of Seafood products? A. Fish, Shellfish and Crustaceans</p> <p>Q. Name 3 dairy products A. Milk, Cheese, Butter</p> <p>Q. Pasta falls into what food group? A. Grains and Beans</p>
<p><b>Follow-up</b></p> <ul style="list-style-type: none"><li>- Task performed to standard in actual job conditions; observed by manager of dept.</li><li>- Dept. Quiz completed to 100% accuracy</li></ul>