

# HEALTHY FOOD

**The eatwell plate**

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

**Fruit and vegetables**

**Bread, rice, potatoes, pasta and other starchy foods**

**Milk and dairy foods**

**Foods and drinks high in fat and/or sugar**

**Meat, fish, eggs, beans and other non-dairy sources of protein**

Food Standards Agency  
www.food.gov.uk

DRAG THE NEXT INFORMATION NEXT TO THE CORRECT FOOD GROUP.

FIBER is good for your stomach

FAT and OIL help your BRAIN

CARBOHYDRATES (GRAINS AND CEREALS) give you ENERGY

PROTEIN makes you STRONG

DAIRY PRODUCTS are good for your BONES