

Choose the correct food group.

- ☐ A MEAT, PULSES, FISH, EGGS, AND OTHER PROTEINS
- ☐ B FRUIT AND VEGETABLES
- ☐ C DAIRY AND ALTERNATIVES
- ☐ D POTATOES, RICE, BREAD, PASTA AND OTHER STARCHY CARBOHYDRATES



Choose the correct food group.

- ☐ A DAIRY AND ALTERNATIVES
- ☐ B POTATOES, RICE, BREAD, PASTA AND OTHER STARCHY CARBOHYDRATES
- ☐ C FRUIT AND VEGETABLES
- ☐ D MEAT, PULSES, FISH, EGGS, AND OTHER PROTEINS



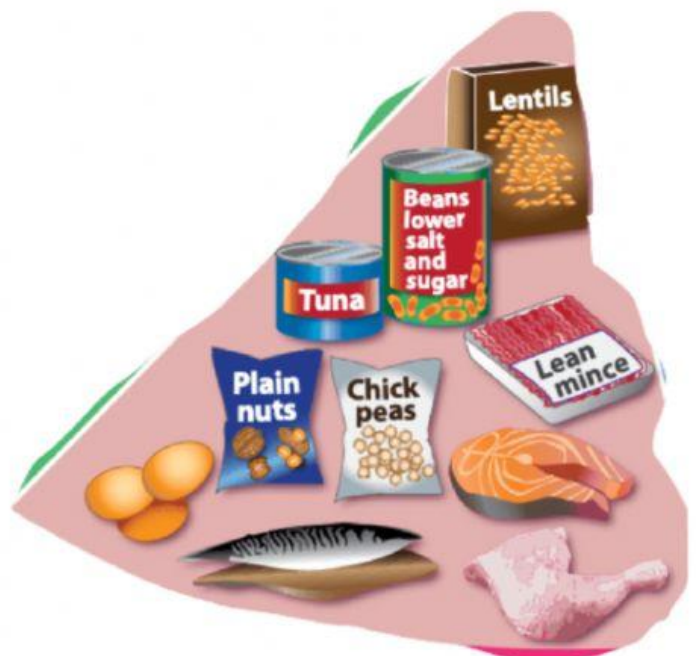
Choose the correct food group.

- ☐ A POTATOES, RICE, BREAD, PASTA AND OTHER STARCHY CARBOHYDRATES
- ☐ B OILS AND SPREADS
- ☐ C DAIRY AND ALTERNATIVES
- ☐ D MEAT, PULSES, FISH, EGGS, AND OTHER PROTEINS



Choose the correct food group.

- ☐ A POTATOES, RICE, BREAD, PASTA AND OTHER STARCHY CARBOHYDRATES
- ☐ B DAIRY AND ALTERNATIVES
- ☐ C MEAT, PULSES, FISH, EGGS, AND OTHER PROTEINS
- ☐ D FRUIT AND VEGETABLES



Choose the correct food group.

- A** POTATOES, RICE, BREAD, PASTA AND OTHER STARCHY CARBOHYDRATES
- B** FRUIT AND VEGETABLES
- C** OILS AND SPREADS
- D** DAIRY AND ALTERNATIVES

