

THE FOOD PLATE

These are made with (1)_____. They contain (2)_____, which is good for both (3)_____ and (4)_____. Yoghurt and cheese are examples of these products too.

These are good for us because they give our (5)_____ energy. There are lots of (6)_____ to choose from, including brown rice, corn, (7)_____ and oats.

This type of foods contains (8)_____ and helps your body to grow and build (9)_____.

We don't eat as many of these as we should! All vegetables contain (10)_____ and (11)_____ that give us healthy hair and skin. They also contain (12)_____, which helps you to (13)_____ food properly. Make sure you eat whole fruit and don't drink as much fruit juice because it has a lot of sugar, which isn't good for you!

We should eat foods with less (14)_____ and (15)_____, and we should drink fewer soft drinks too.

