Activity 1 Instructions

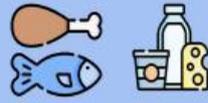1. Sort out the different types of food categories.
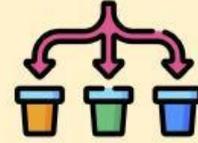
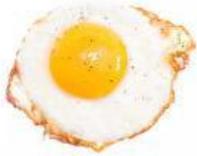| Carbohydrates	Protein	Fibre

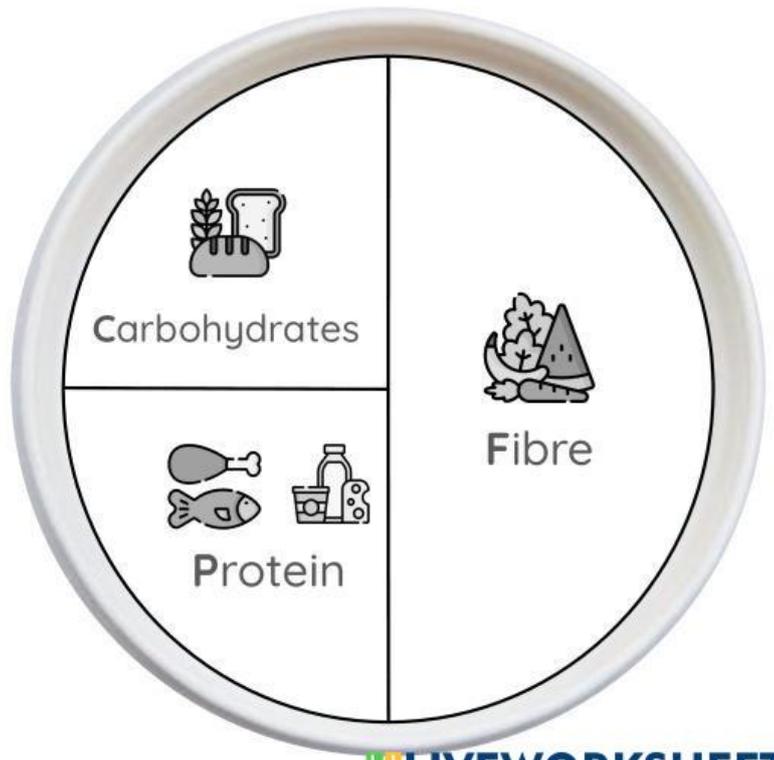|			
Tomatoes	Fried noodle	Blueberry	Baked salmon
Fried egg	Grilled chicken	Multi-grain bread	Grilled fish
Brown rice	Cauliflower	Pasta	Watermelon
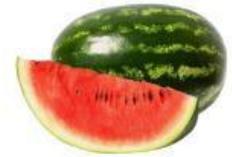
![handshake icon] **Activity 2** Instructions

1. Create **two** Healthy Plates
   - 1 carbohydrate
   - 1 Protein
   - 2 Fibres

2. **Drag and drop** the food onto
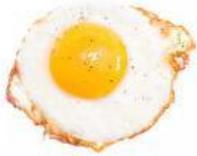
   the plate.

My Healthy Plate 1

Carbohydrates

Fibre

Protein

My Healthy Plate 2

Carbohydrates

Fibre

Protein

Tomatoes	Fried noodle	Blueberry	Baked salmon
Fried egg	Grilled chicken	Multi-grain bread	Grilled fish
Brown rice	Cauliflower	Pasta	Watermelon