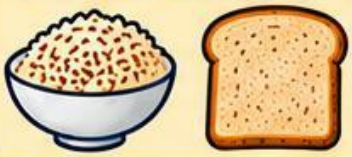
My Healthy Plate

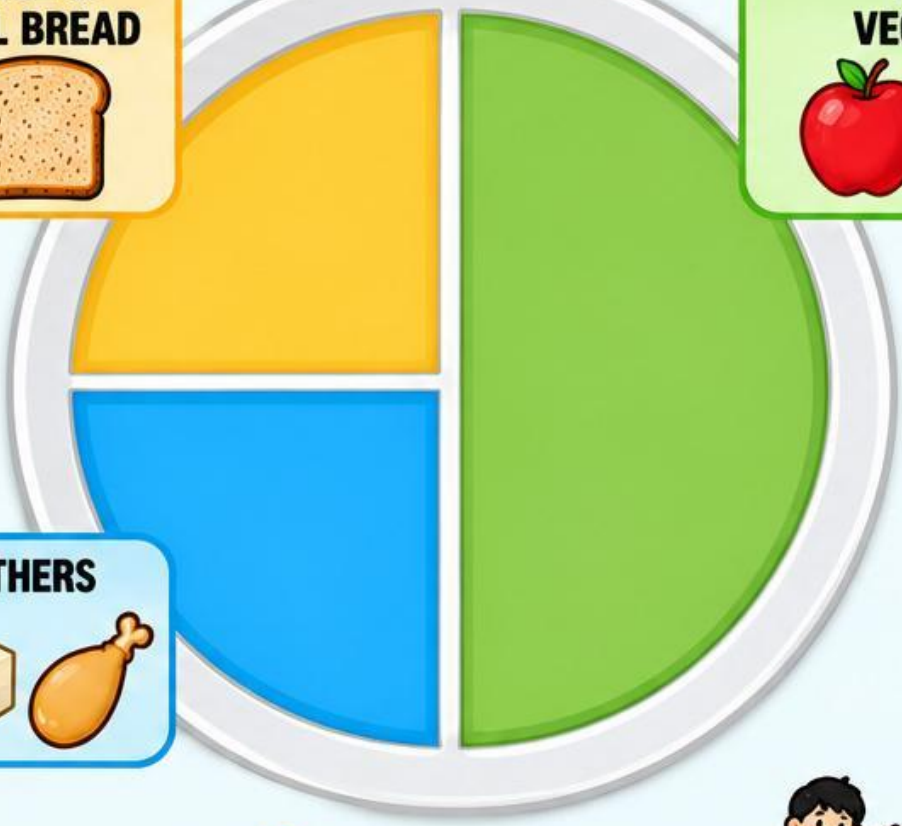
Cut and paste the different food group according to the right amount.

BROWN RICE & WHOLEMEAL BREAD



FRUIT & VEGETABLES





MEAT & OTHERS





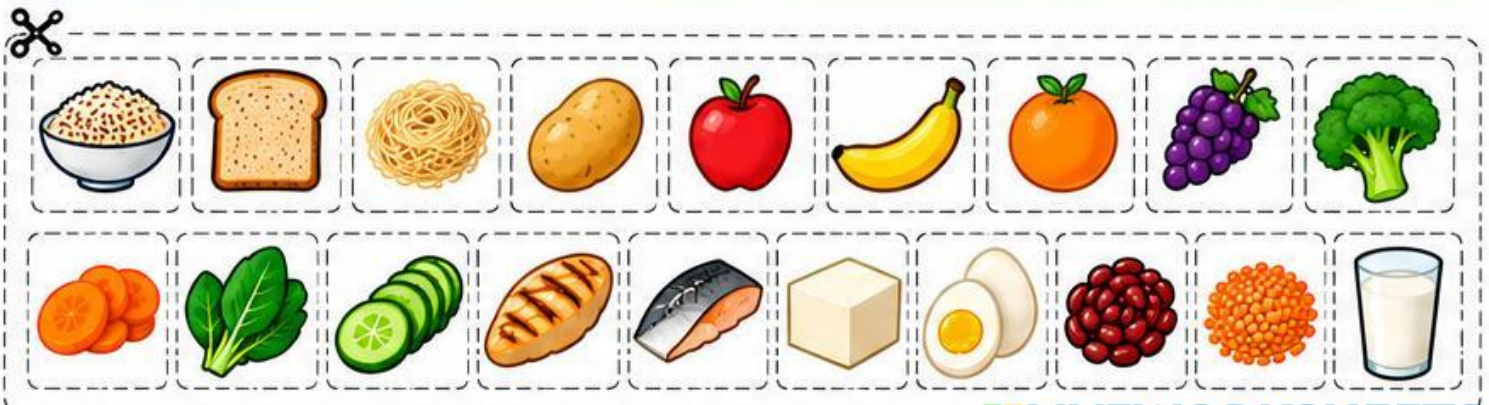
Choose water



Use healthier oils



Be active



LIVEWORKSHEETS