

# 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.



DRAW THE NEXT INFORMATION NEXT TO THE CORRECT FOOD GROUP.

FIBER is good for  
your stomach



CARBOHYDRATES  
(GRAINS AND  
CEREALS)  
give you ENERGY



FAT and OIL help  
your BRAIN



PROTEIN makes you  
STRONG



DAIRY PRODUCTS  
are good for your  
BONES

