

## 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.

