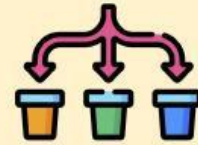




Activity 1 Instructions

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



Activity 2 Instructions

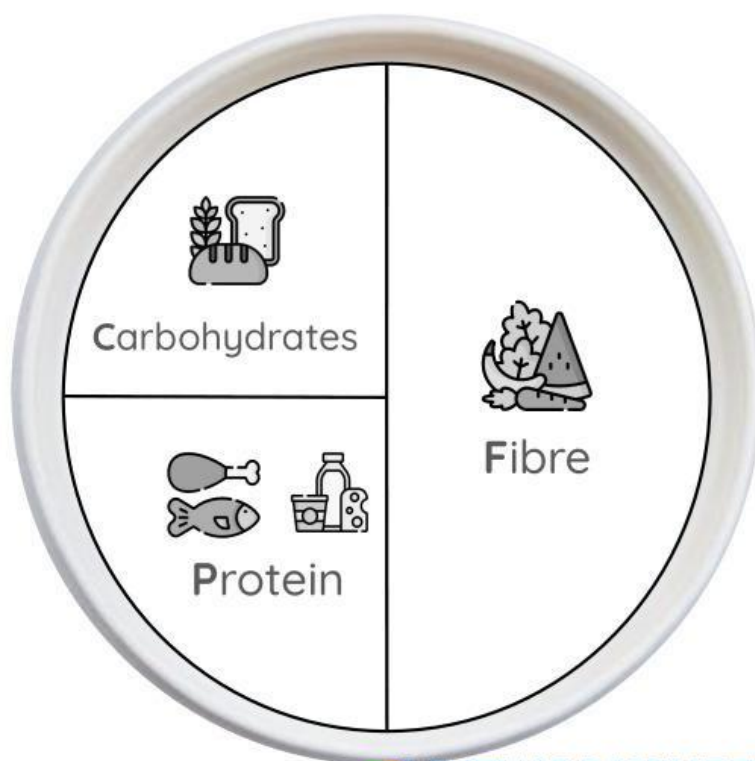
1. Create **two** Healthy Plates

- 1 carbohydrate
- 1 Protein
- 2 Fibres

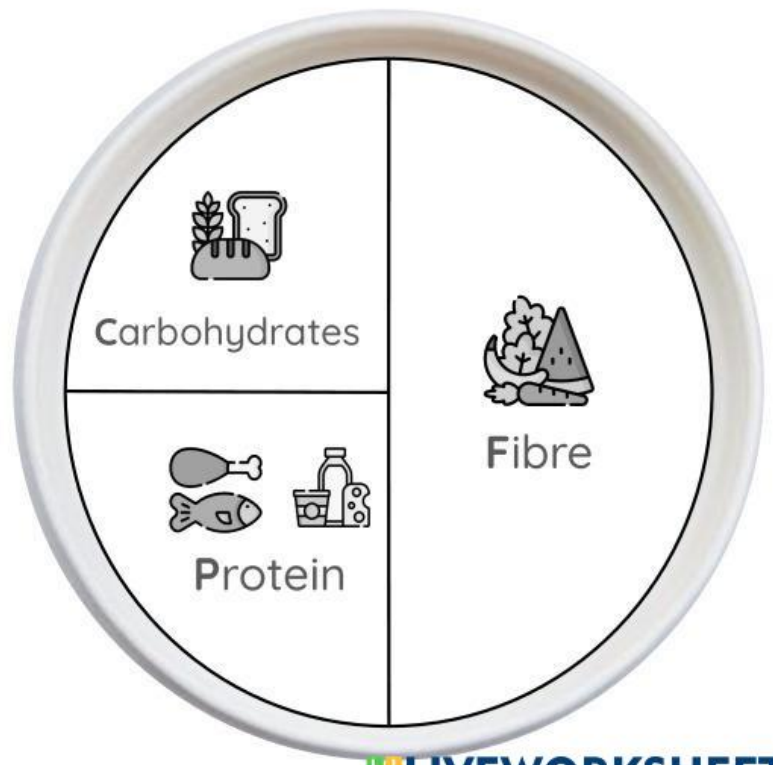


2. **Drag and drop** the food onto the plate.

My Healthy Plate 1



My Healthy Plate 2





Tomatoes



Fried noodle



Blueberry



Baked salmon



Fried egg



Grilled chicken



Multi-grain bread



Grilled fish



Brown rice



Cauliflower



Pasta



Watermelon