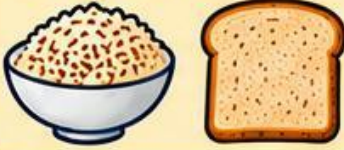


My Healthy Plate

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

