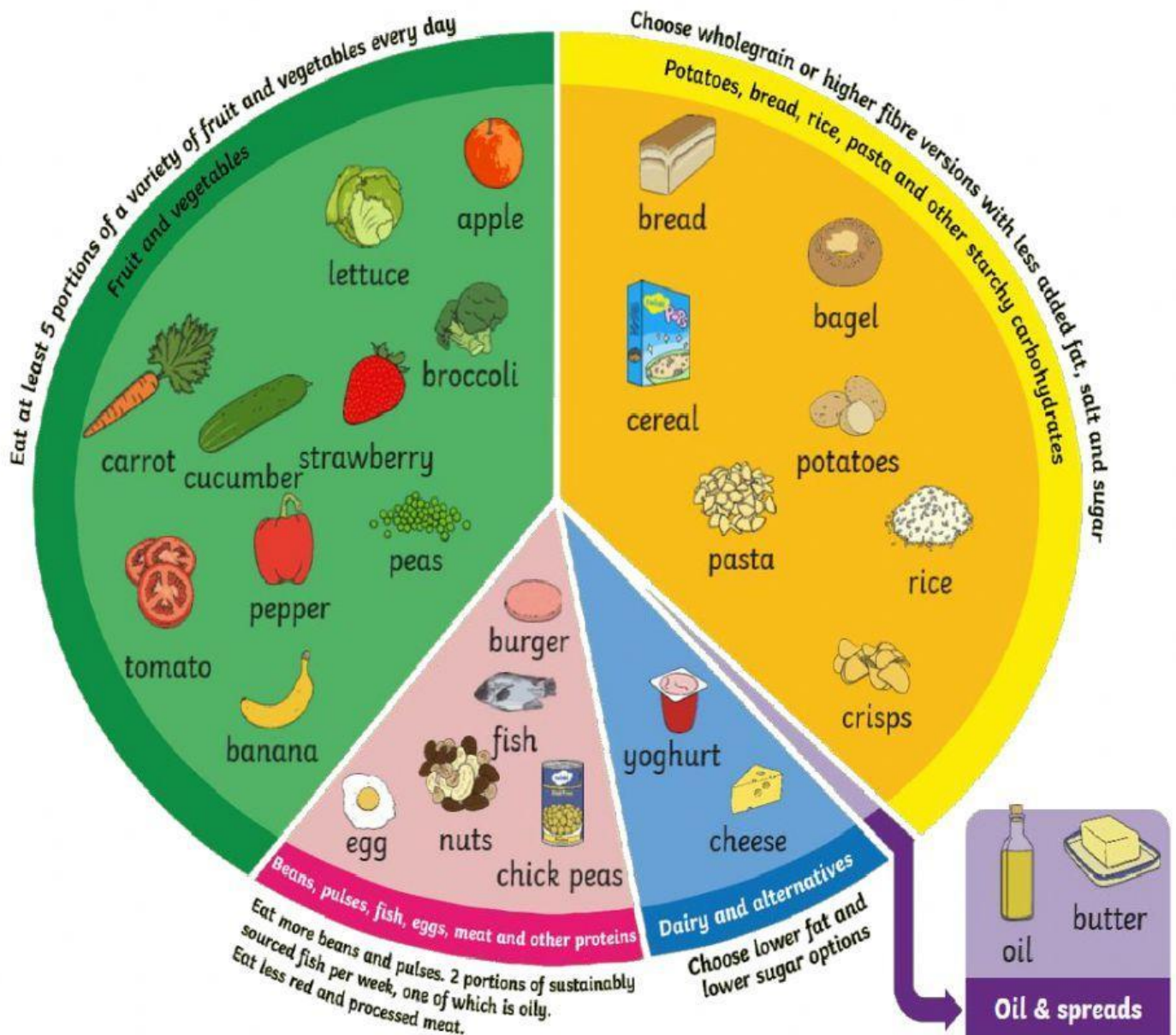
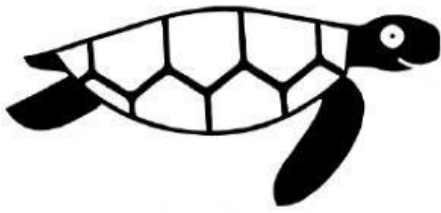


A balanced diet

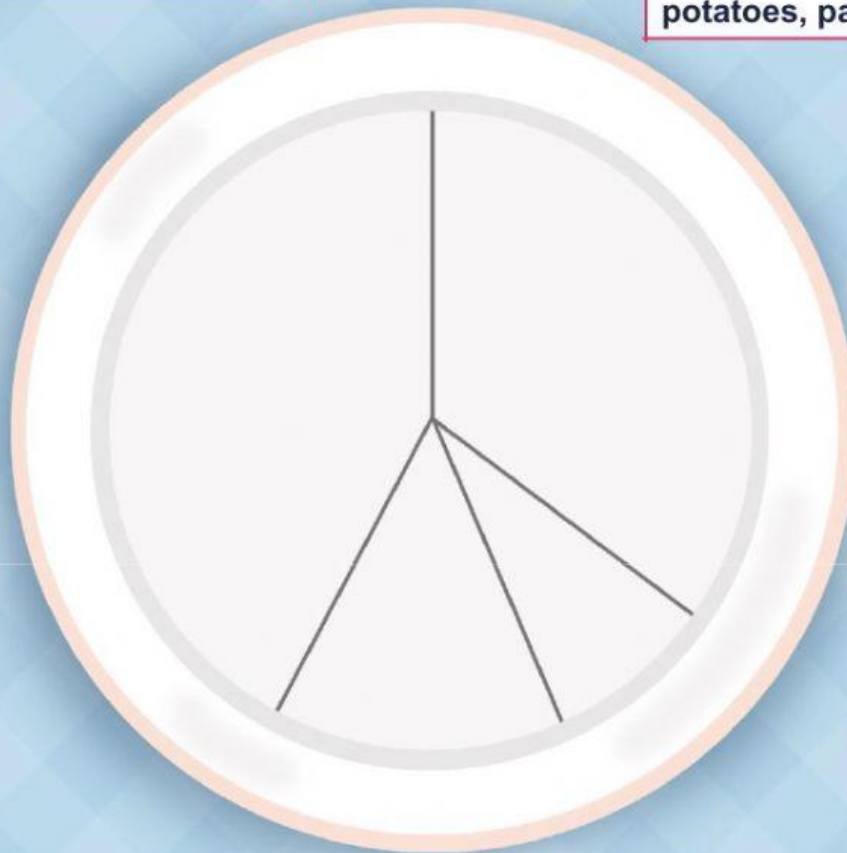




Look at the healthy plate. What foods do you like?
Write a healthy meal on your plate.

fibre (fruit and vegetables)

carbohydrates (bread, potatoes, pasta, cereals)

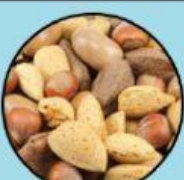
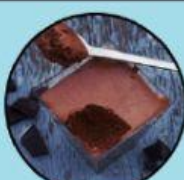


fats (butter, cheese, milk, oils, fried food)

protein (fish, meat, nuts, seeds, eggs, cheese)

Healthy Eating

Tick (✓) the foods that you think you should eat often in your daily meals.

☐	apple		☐	orange	
☐	cake		☐	banana	
☐	nuts		☐	mousse	
☐	fizzy drinks		☐	broccoli	
☐	fish		☐	donuts	
☐	carrots		☐	hotdog	
☐	meat and tomatoes		☐	kiwi	

Healthy Eating

Tick (✓) the foods that you think you should eat often.

☐	lollies		☐	avocado	
☐	fish and chips		☐	chocolate	
☐	blueberries		☐	burger	
☐	salad		☐	beans	
☐	salmon		☐	mandarin	
☐	watermelon		☐	pizza	
☐	vegetables		☐	strawberries	