

# 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.



Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods

Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and/or sugar

Milk and dairy foods

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

