

# 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.



DRAG THE NEXT INFORMATION NEXT TO THE CORRECT FOOD GROUP.

FIBER is good for your stomach



FAT and OIL help your BRAIN



PROTEIN makes you STRONG



CARBOHYDRATES (GRAINS AND CEREALS) give you ENERGY



DAIRY PRODUCTS are good for your BONES

