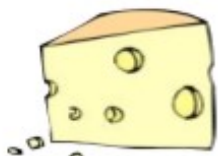




bread



cheese



carrot



cake



bacon



chocolate



chicken



apple



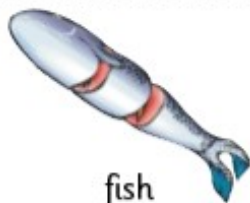
pasta



sweets



ice-cream



fish



rice



yogurt



crisps



beef



biscuits



onion

Which foods would you choose for a healthy meal?

Growth and Survival

Balanced Plate





The food pyramid shows which foods we can eat more of at the bottom of the pyramid, and which foods we should eat less of at the top of the pyramid.

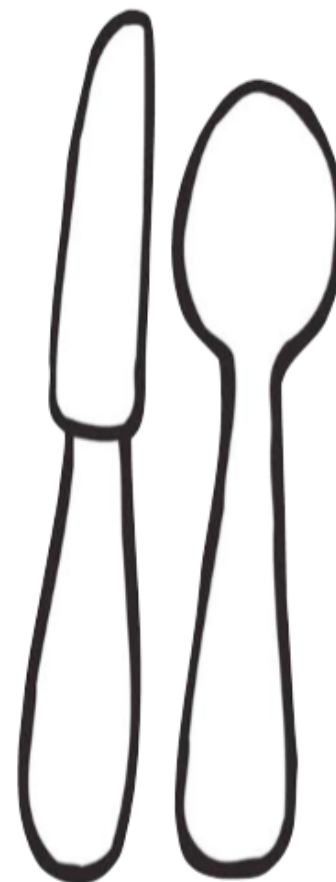
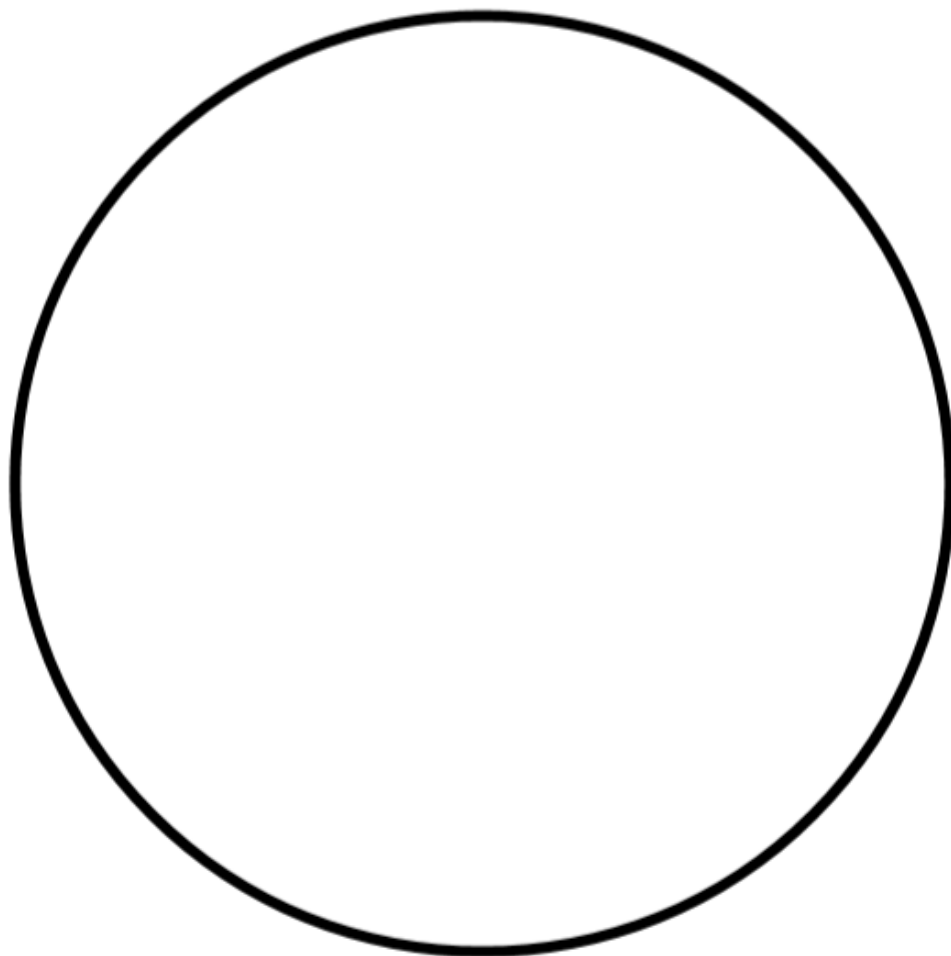
The foods are organised into different groups of food types.

- Carbohydrates for energy.
- Vegetables and fruit for vitamins and minerals.
- Proteins including dairy to help us grow well.
- Fats and sugars which should be eaten once in a while for a treat.





Draw a healthy meal on the plate and label the foods you have chosen. Don't forget to use lots of different foods.





It is important to eat the right foods to stay healthy. Can you plan a day's meals, making sure that each meal is good for you?

Breakfast

Lunch

Dinner

Snacks:



## My Fruit and Vegetable Face!



Stick a photo of your fruit and  
vegetable face here!

Which fruits did you use?

Which vegetables did you use?

Which of these fruits and vegetables do you like most and why?

