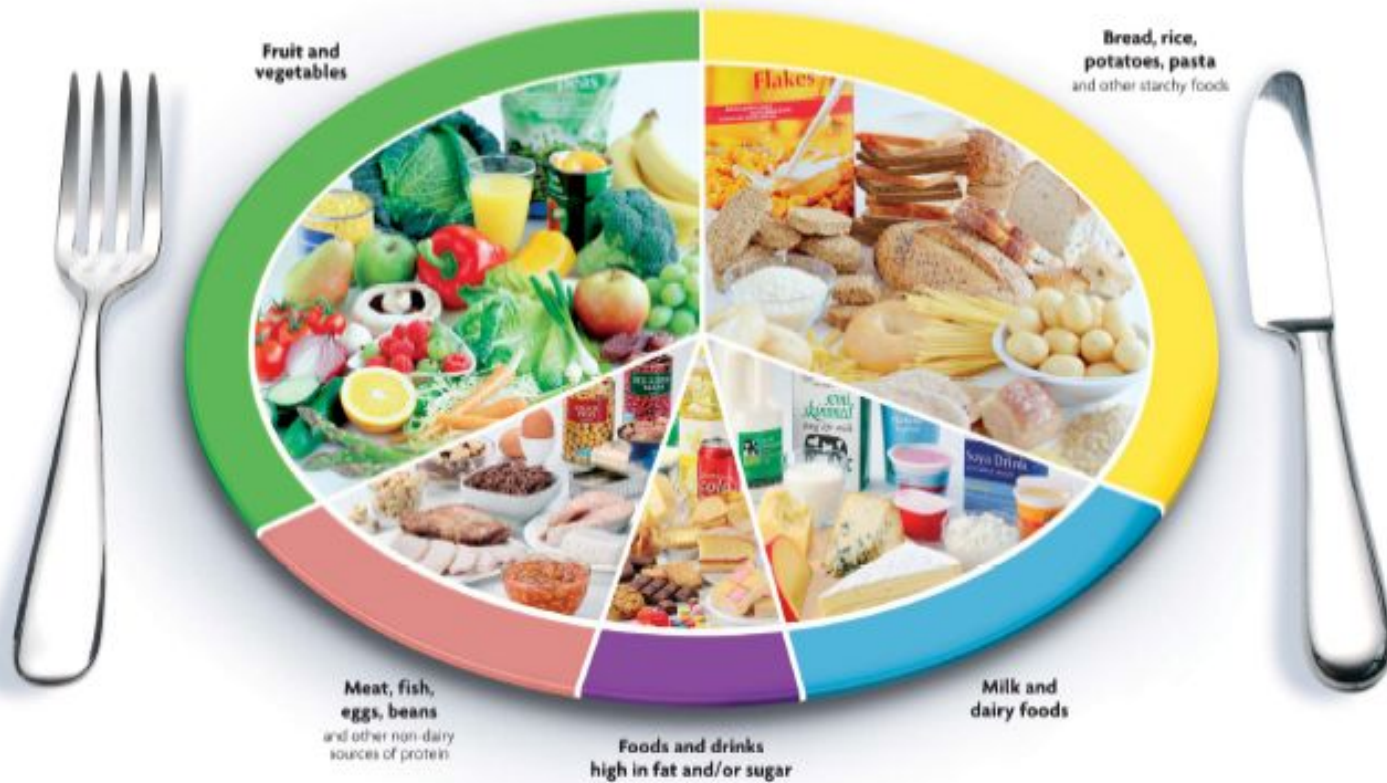


The eatwell plate



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The eatwell plate



To stay healthy we need to eat a balance and variety of foods.



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We need to eat a balance and variety of foods from these groups:



Fruit and vegetables



Bread, rice, potatoes, pasta



Meat, fish, eggs, beans



Milk and dairy foods



Foods and drinks high in fat and/or sugar



Fruit and Vegetables

We need to eat lots from this group.

What foods can you see?

How many foods from this group should you eat everyday?



Bread, rice, potatoes, pasta



We need to eat lots from this group.

What foods can you see?

Do these foods come from plants or animals?

Milk and dairy foods

We need to eat 2-3 foods from this group a day.

What foods can you see?

Have you eaten any of these foods today? If so, what were they?



Meat, fish, eggs, beans



We need to eat foods from this group to stay healthy.

What foods can you see?

Foods and drinks high in fat and/or sugar

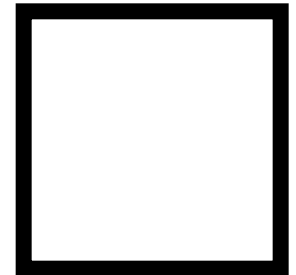
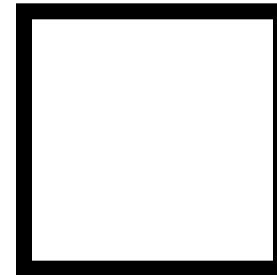
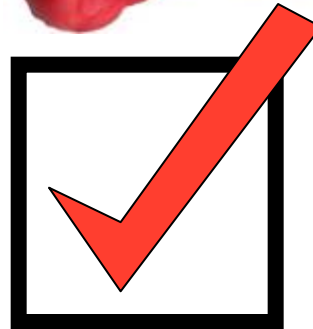
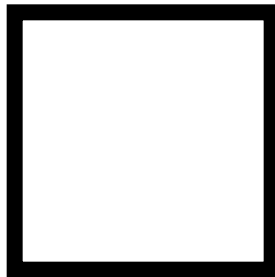
We only need to eat small amounts from this group.

What foods can you see?

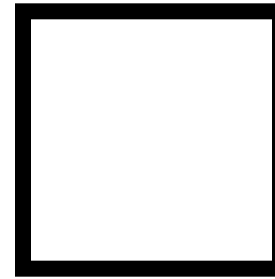
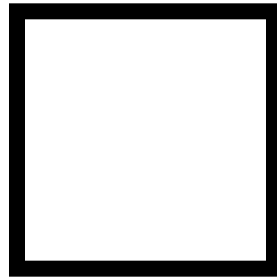
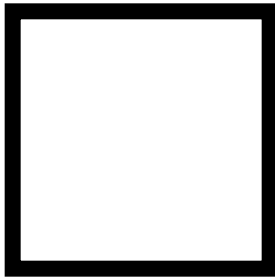
What do you know about this food group?



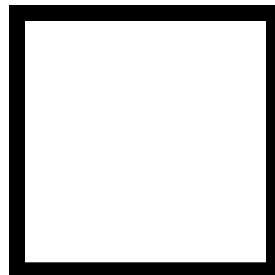
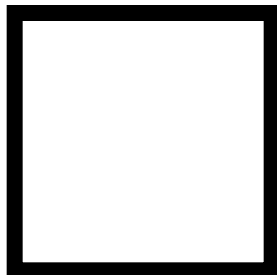
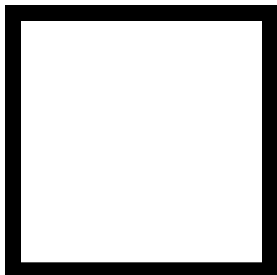
Which 2 foods belong to the **Fruit and vegetables** group?



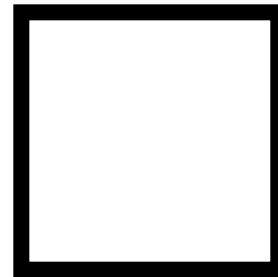
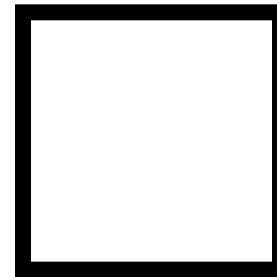
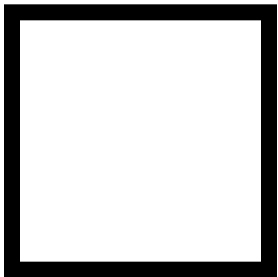
Which 2 foods belong to the **Bread, rice, potatoes, pasta** group?



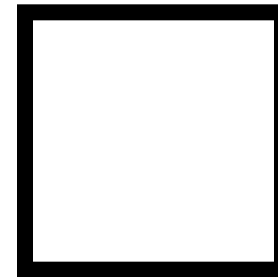
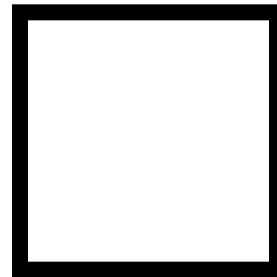
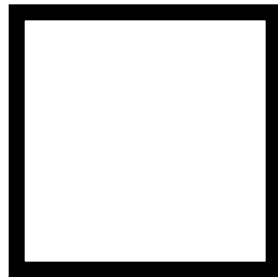
Which 2 foods belong to the **Milk and dairy** foods group?



Which 2 foods belong to the **Meat, fish, eggs, beans** group?



Which 2 foods belong to the **Foods containing fat** and **Foods containing sugar** group?



To be healthy ...

Eat lots of fruit and vegetables – at least 5 every day.



Have lots of bread, other cereals and potatoes.



To be healthy ...

Eat a balance and variety of different foods every day.

Enjoy your food!





For further information, go to:

www.foodafactoflife.org.uk