

Name Year 2

Healthy Menu: Eat well plate (Look back at **slide 7** of the powerpoint to help you, if you need to, but **DO NOT** copy it.)



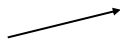
Fruits and vegetables



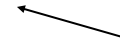
Bread, rice, potatoes and pasta (CARBOHYDRATES)



Meat, fish, eggs and beans (PROTEIN)



Milk and dairy food



Food and drinks high in fat and /or sugar

