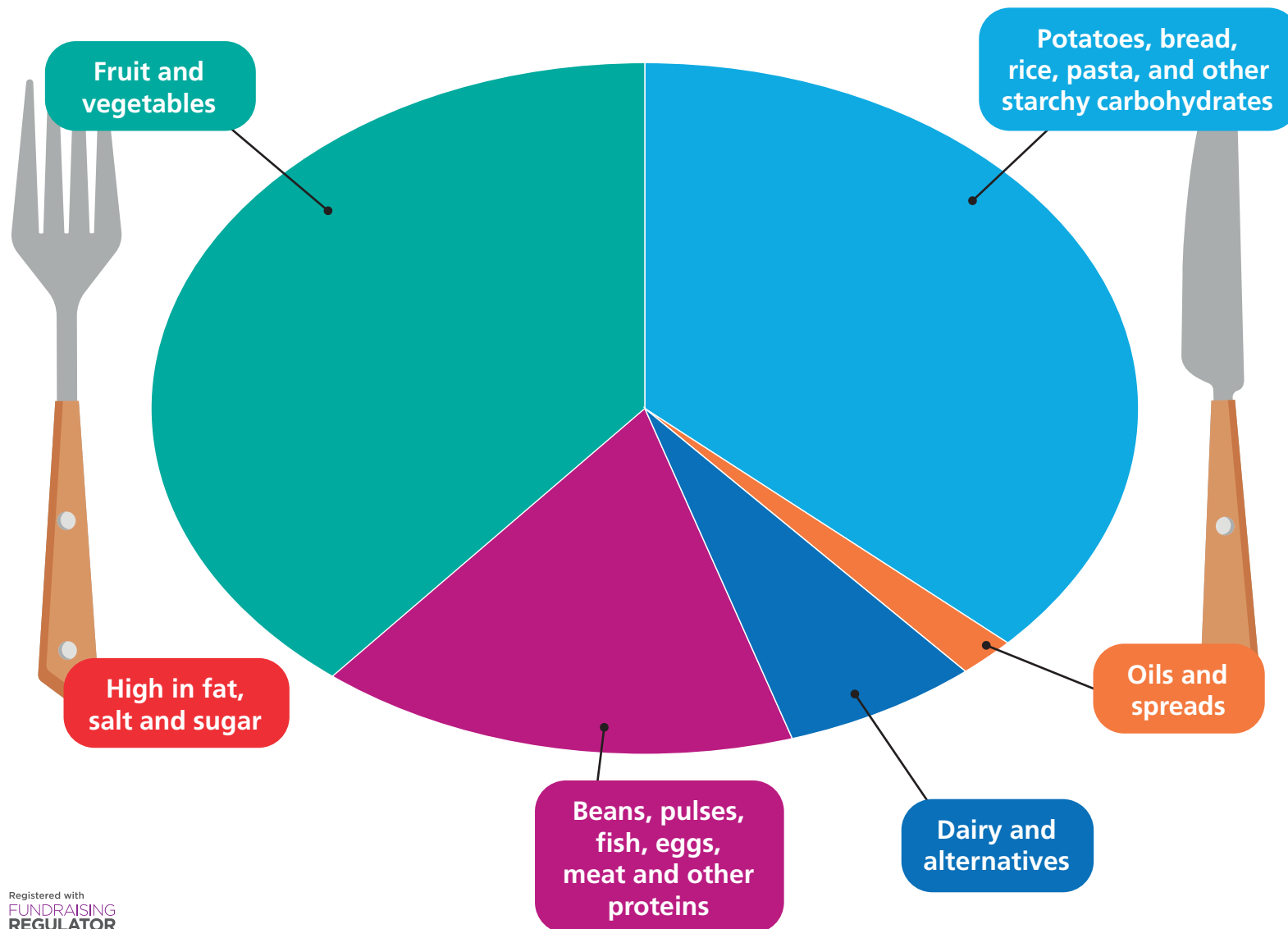




Healthy eating meal

Instructions

Cut out the food and match it with the correct food group. Stick the food on your plate to see how healthy eating looks.



DISCLAIMER: To ensure the safety of the children in your setting, it is your responsibility to assess whether adult supervision or other appropriate safety measures are required when using scissors.



Home of



Healthy eating meal

Answers

Fruit and vegetables	Potatoes, bread, rice, pasta, and other starchy carbohydrates	Oils and spreads	Dairy and alternatives	Beans, pulses, fish, eggs, meat and other proteins	High in fat, salt and sugar



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