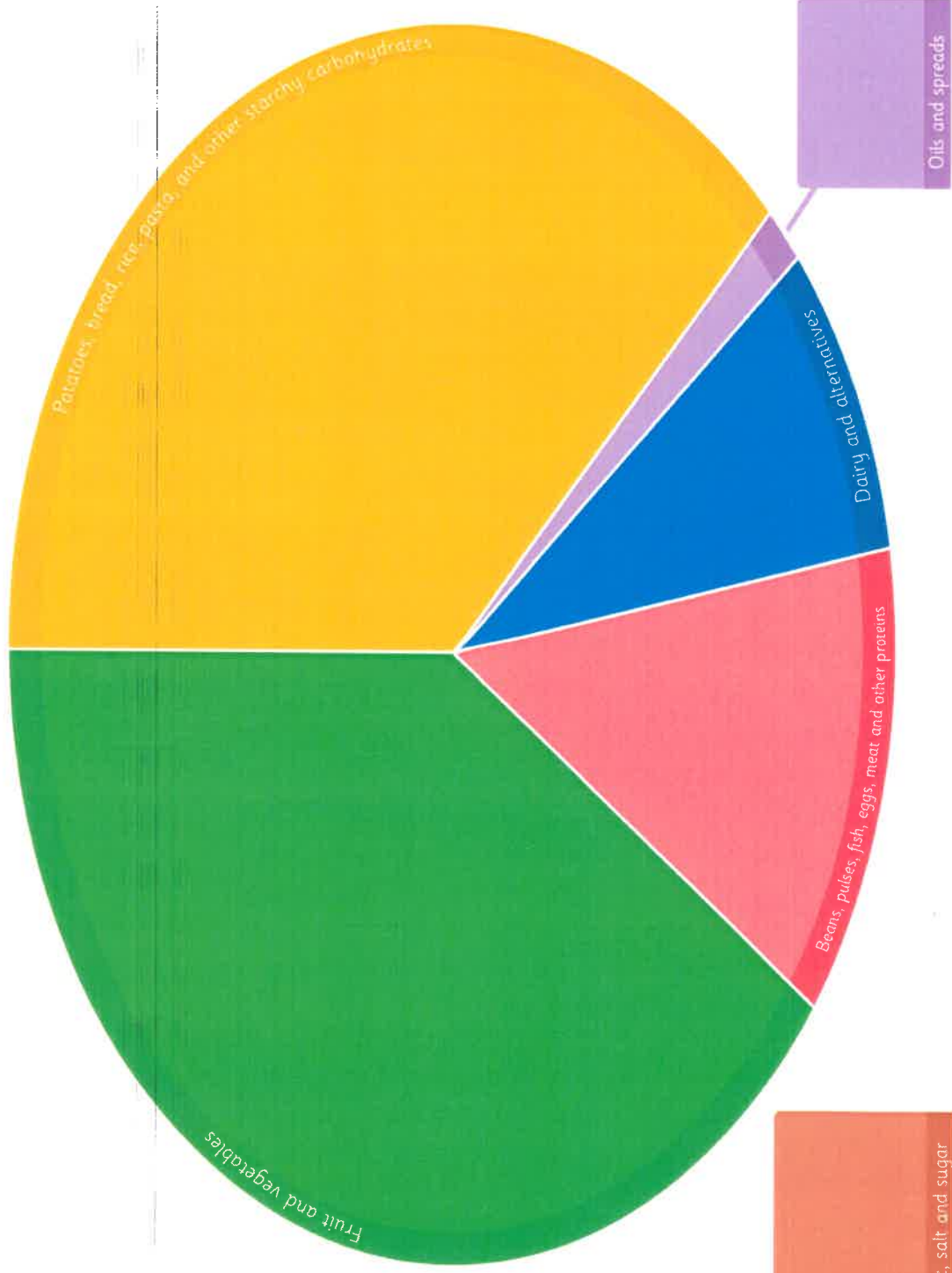
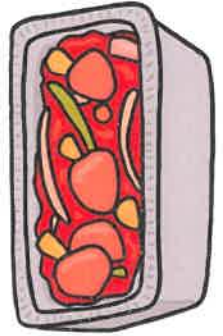
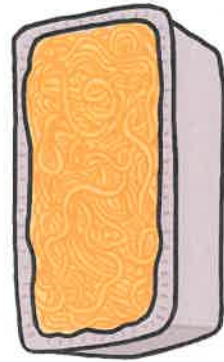
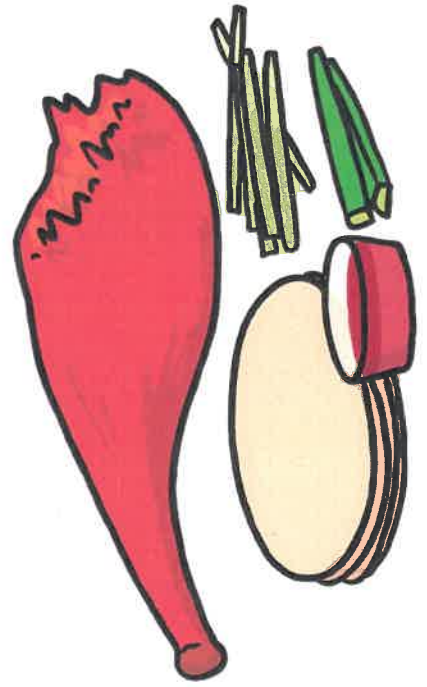
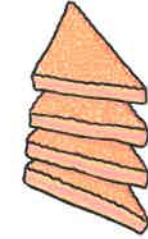
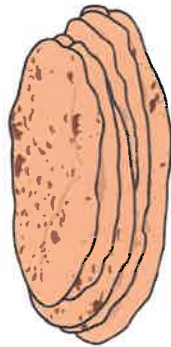
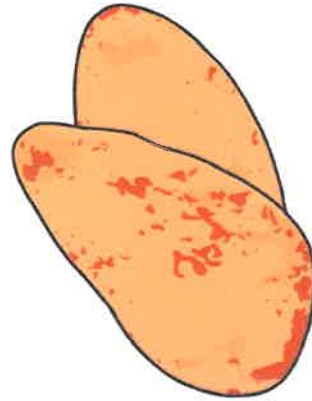
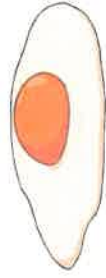
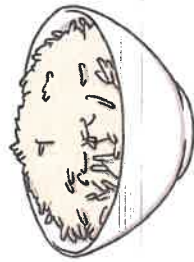
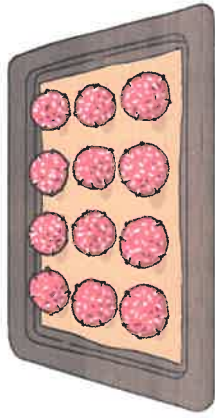


Healthy Eating Meal Activity

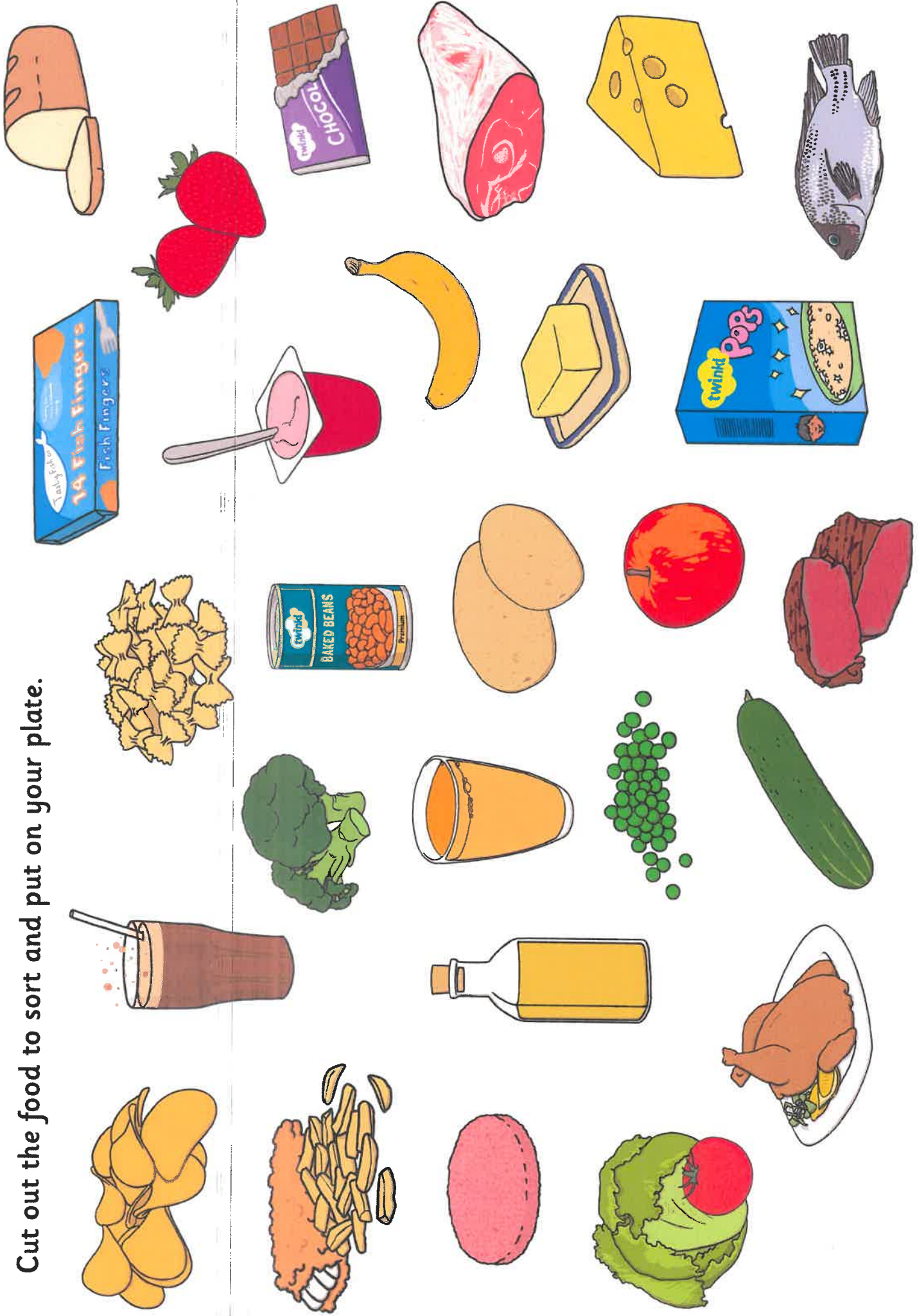


High in fat, salt and sugar

Cut out the food to sort and put on your plate.



Cut out the food to sort and put on your plate.

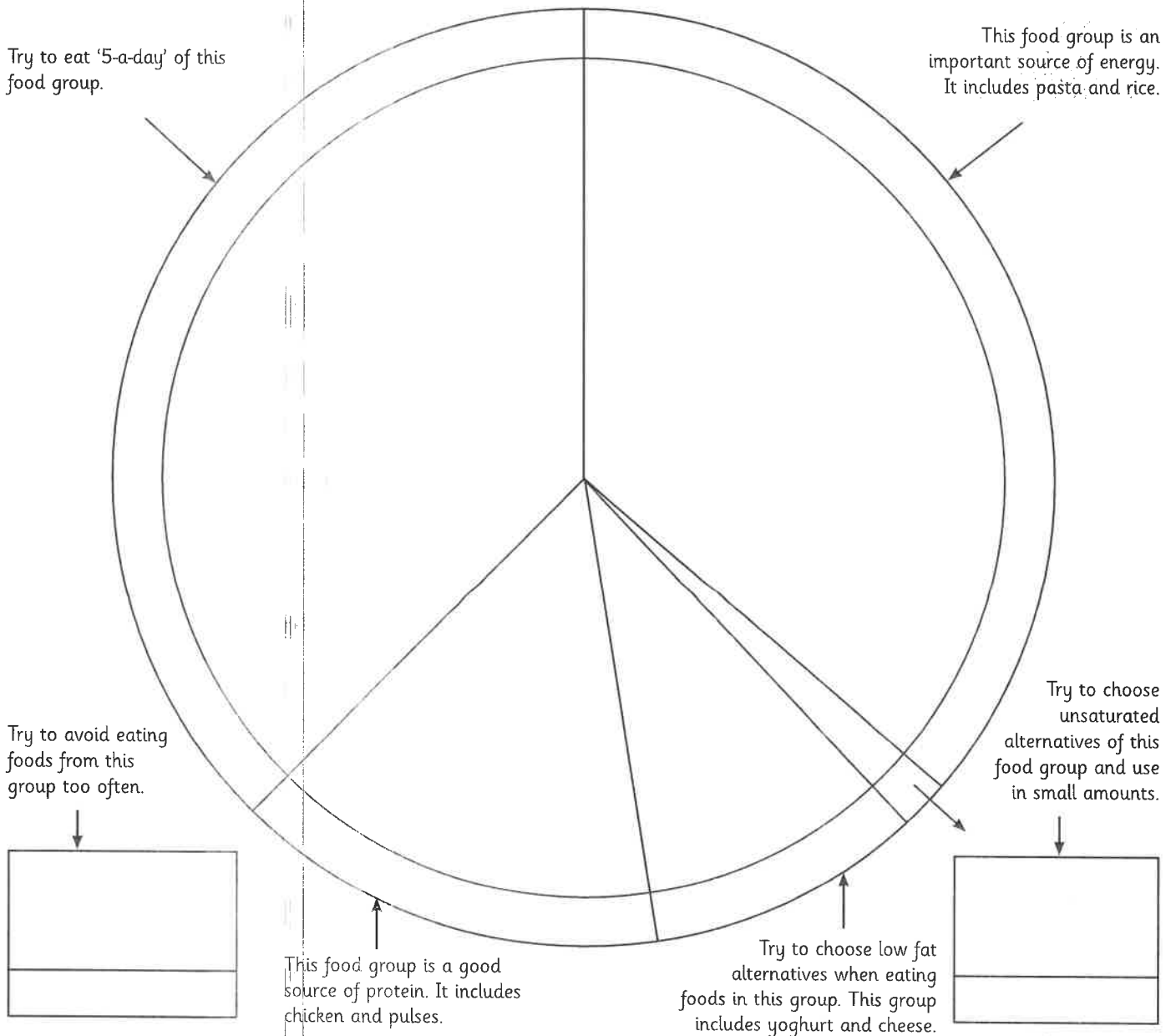


My Food Journal

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |
| Snacks | | | | | | | |
| Drinks | | | | | | | |

Finding the Food Group

We can divide the food we eat into five food groups. We should follow a balanced diet to stay healthy. We should eat a variety of different foods in correct proportions. The plate below shows you the five food groups. We should always try to eat more of the two largest food groups and less of the food groups in the smaller sections.



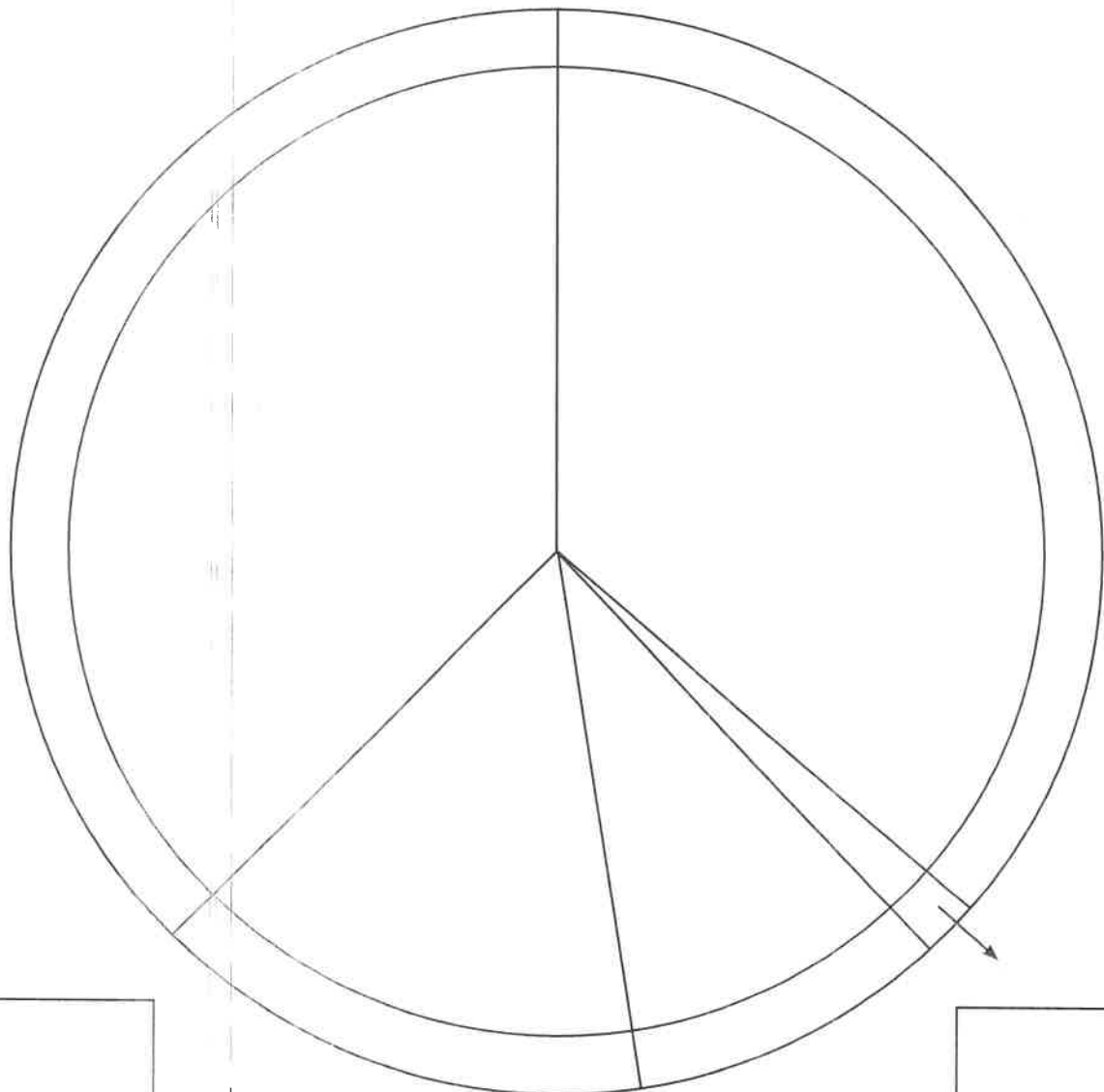
Label each section of the plate with one of the following:

1. bread, rice, potatoes, pasta and other starchy foods
2. fruit and vegetables
3. meat, fish, eggs, beans and other non-dairy sources of protein
4. milk and dairy foods
5. foods and drinks high in fat and/or sugar
6. oils and spreads

Finding the Food Group

Look at this list of foods. Write each one in the correct section of the plate.

| | | | | | |
|---------------|---------|----------|----------------|-------------|----------------|
| chocolate | muesli | peas | roast beef | doughnut | wholemeal loaf |
| cheese spread | nuts | cabbage | cous cous | ciabatta | |
| margarine | haddock | mushroom | cheddar cheese | cauliflower | fromage frais |



| |
|--|
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| |

| |
|--|
| |
| |



Healthy Eating



p r o t e i n d e s o f
 b o n e s h a n e m h r
 d i e t c l a l x d f u
 i o y d a a b c e f e i
 r g t s u a l m r t s t
 s i h k t t u c c n o s
 m i n e r a l s i i s u
 y u g y a s f m s u e g
 a e d y u l a r e n m a
 v o y t e t t l b e t r
 b a e c i s i h t o d a
 s n h v a a e i y e d t

body
 bones
 calcium
 diet
 exercise

fat
 fruit
 healthy
 minerals
 protein

salad
 salt
 sugar
 vegetables
 vitamins

