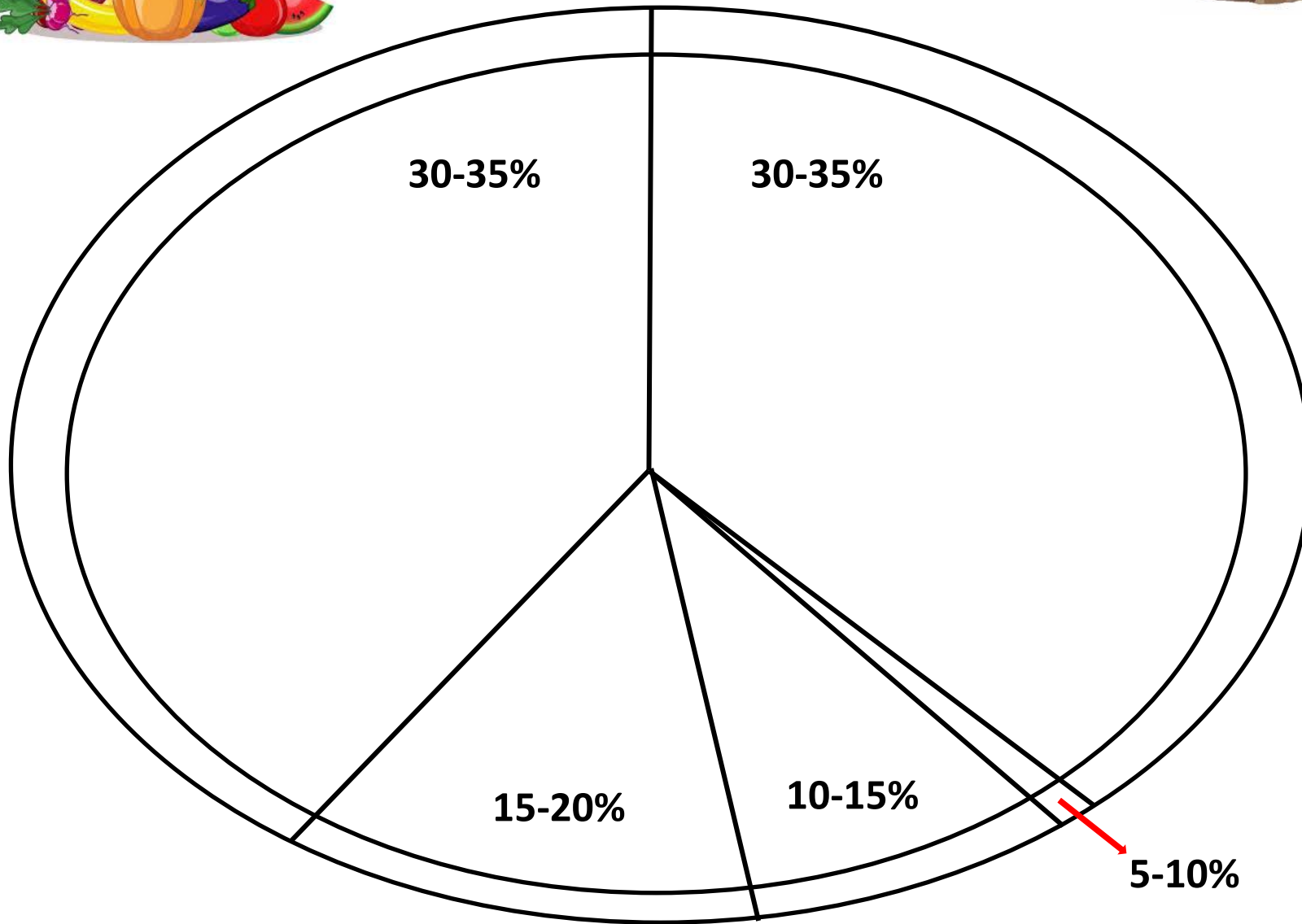




Eat Well Plate



Carbohydrates

Meat, fish and alternatives

Foods containing fats and sugars

Fruit and vegetables

Milk and dairy

Cut out each of the food groups (on the right) and place them on to the plate where you think they belong. How much of each do you think we should have on our plates?