

The eatwell plate



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



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



Bread, rice, potatoes, pasta

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?

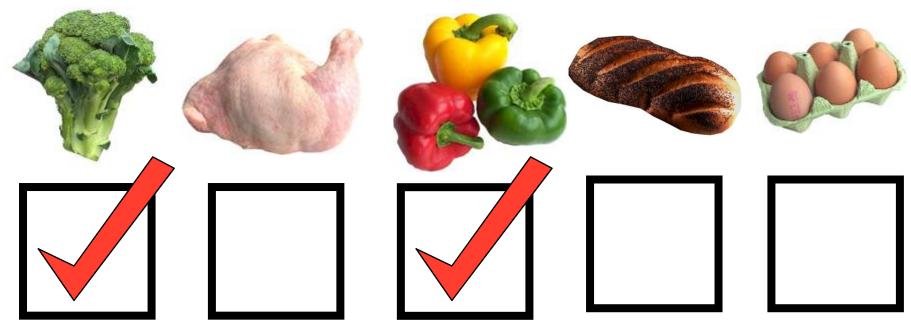
What do you know about this food group?







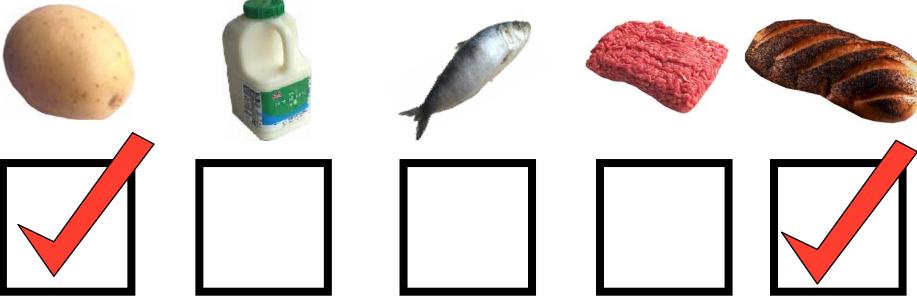
Which 2 foods belong to the **Fruit and vegetables** group?



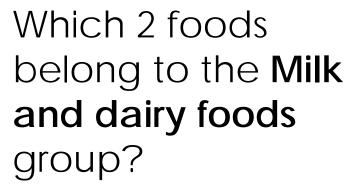


Which 2 foods belong to the **Bread**, **rice**, **potatoes**, **pasta** group?





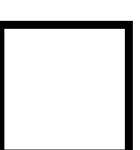




















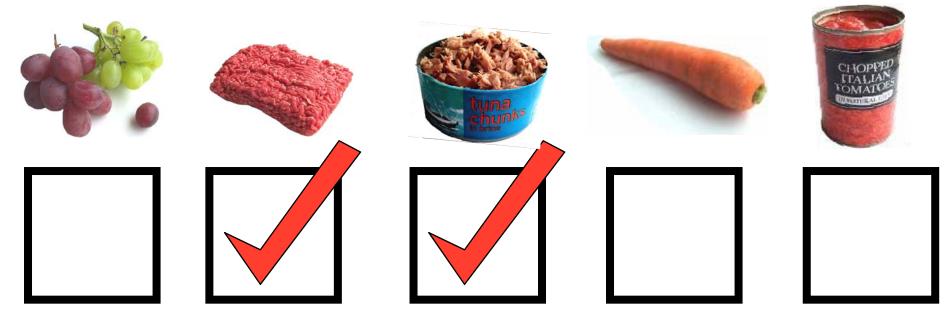






Which 2 foods belong to the **Meat**, **fish**, **eggs**, **beans** group?

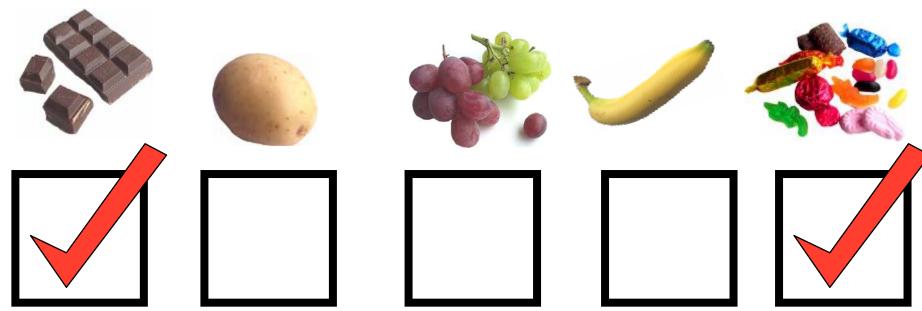






Which 2 foods belong to the Foods containing fat and Foods containing sugar group?







To be healthy ...

Eat lots of fruit and vegetablesat least 5 every day.



Have lots of bread, other cereals and potatoes.





To be healthy ...

Eat 2-3 foods from the milk and dairy foods group.



Have foods from the meat, fish and alternatives group for health.





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