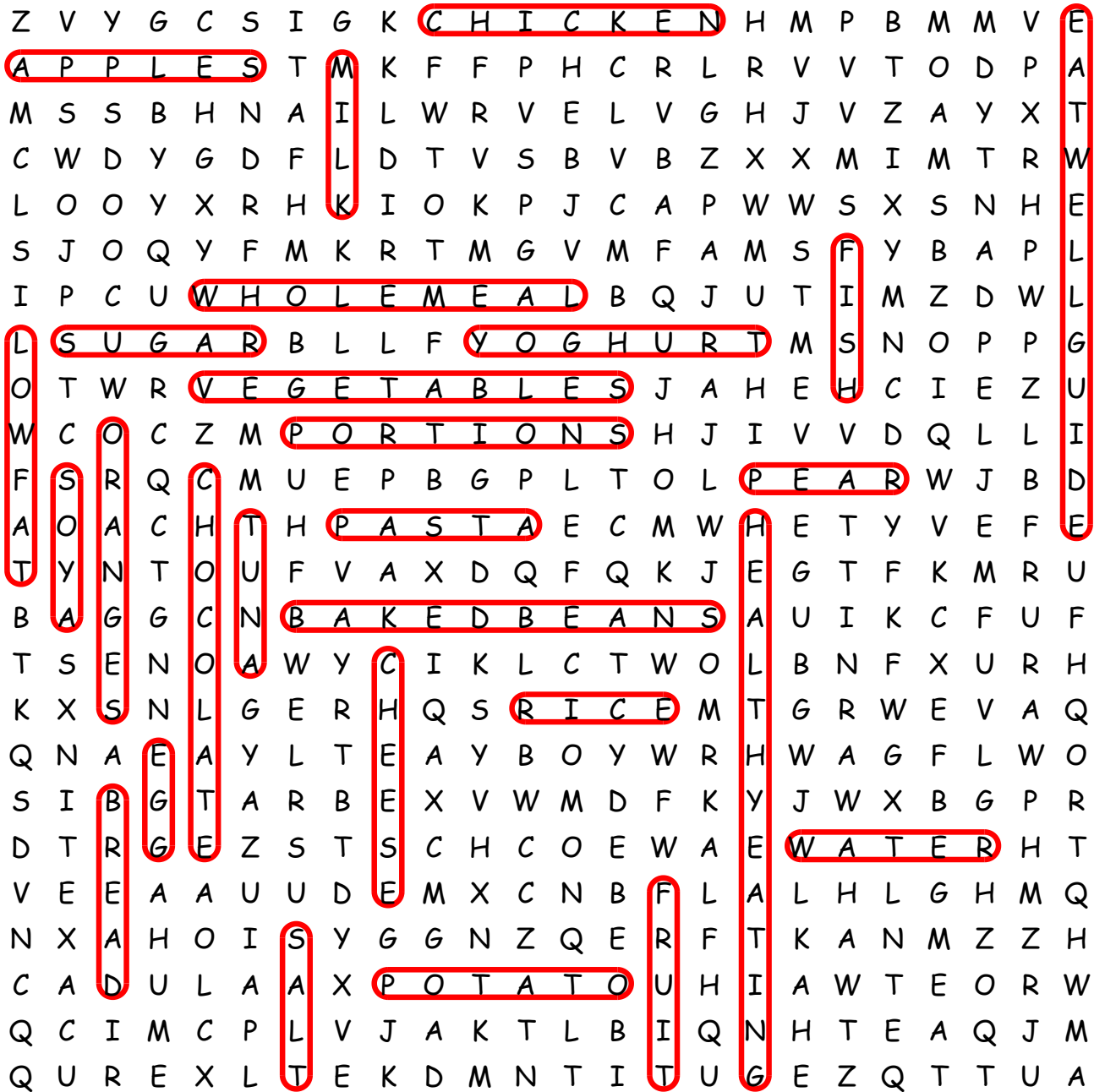


Name: _____

Date: _____

Eatwell Guide



Healthy Eating
Wholemeal
Chicken
Apples
Water
Fish
Milk

Eatwell Guide
Chocolate
Low Fat
Potato
Fruit
Salt
Rice

Baked beans
Portions
Oranges
Bread
Pasta
Pear
Egg

Vegetables
Yoghurt
Cheese
Sugar
Tuna
Soya