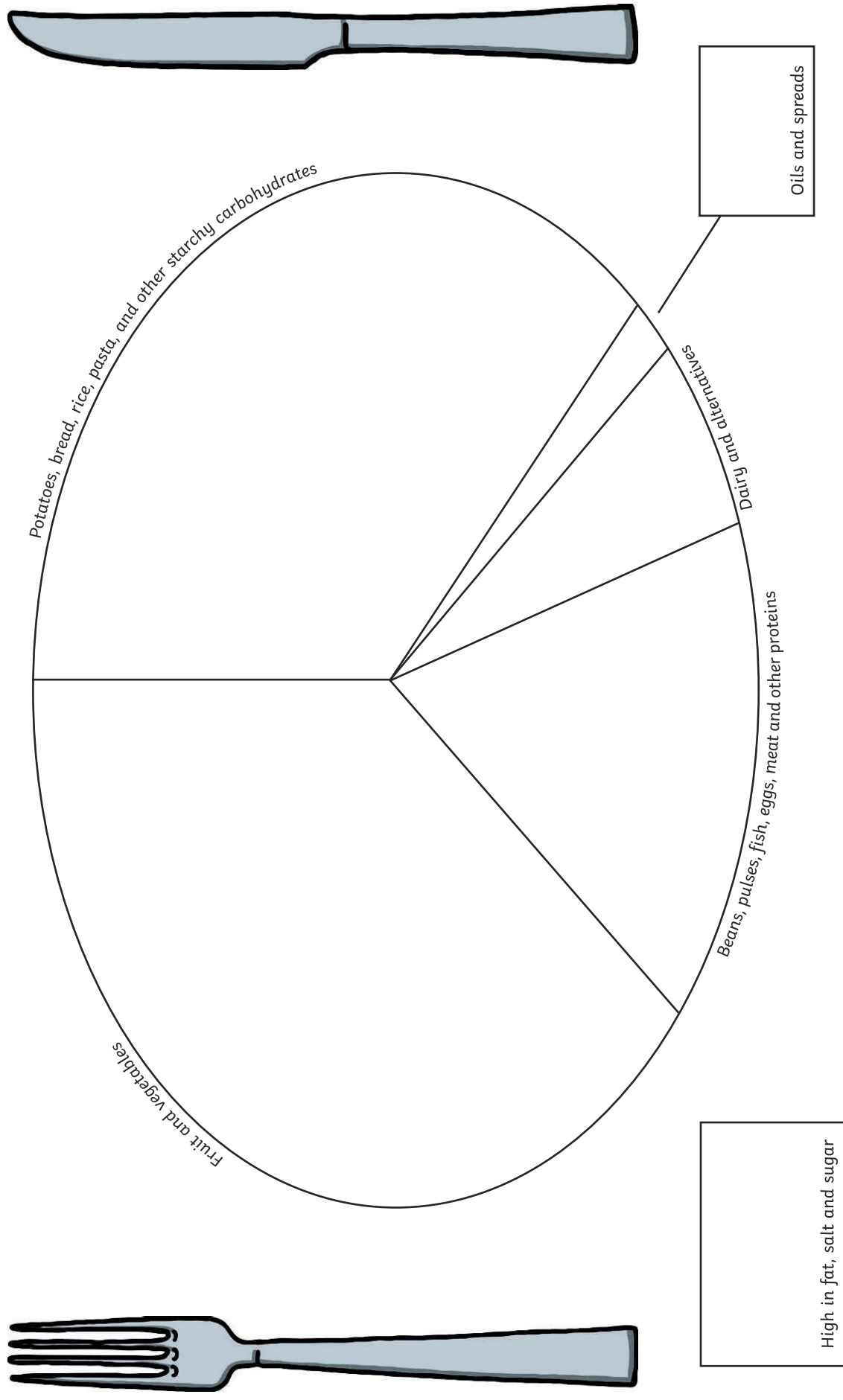


Healthy Eating Meal



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

Crisps	Fizzy drink	Pasta	Fish fingers	Bread
Chocolate	Strawberries	Yoghurt	Fish and chips	Burger
Lettuce	Chicken	Cucumber	Steak	Apple
Peas	Olive oil	Potatoes	Butter	Cereal
Fish	Cheese	Meat	Banana	Broccoli
Baked beans				

A Balanced Diet

Name: _____

Date: _____

Look at the meals below. What food item would you add to the meals to make them part of a balanced diet? Write the item and the food group it belongs to.

- Grilled pork chop
- Bacon
- Boiled rice
- _____

- Toast
- Fried Egg
- Ham
- _____

- Tomato
- Bread
- Lettuce
- _____

- Cheese and tomato pizza
- French fries
- _____

- Carrot
- Boiled potato
- Cabbage
- _____

- Chicken drumsticks
- Green beans
- Mashed potato
- _____