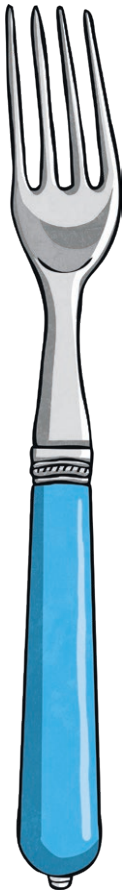
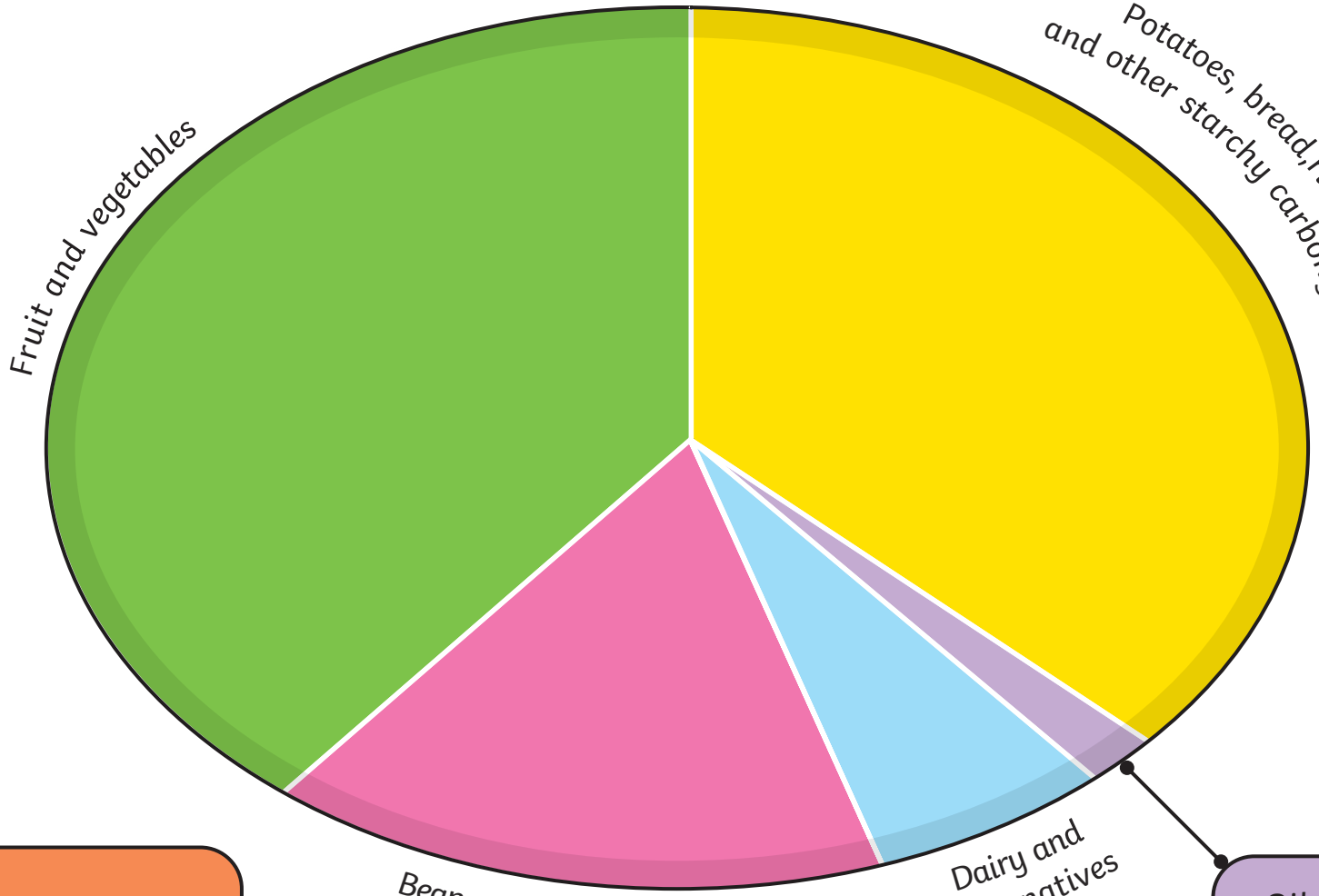
Healthy Eating Meal



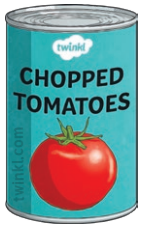


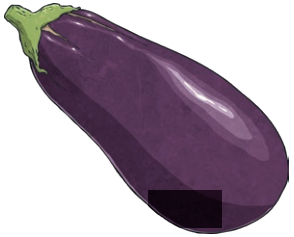
High in fat, salt and sugar

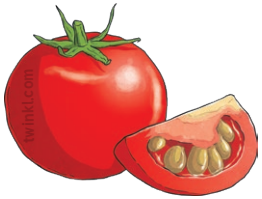
For more information, visit Eatwell Guide

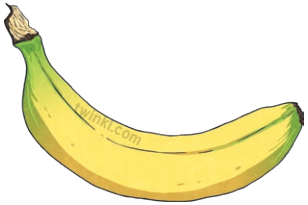
Disclaimer: To ensure the safety of the children in your setting, it is your responsibility to assess whether adult supervision or other appropriate safety measures are required when using scissors.

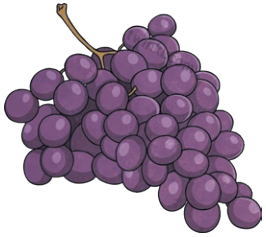
Cut out the food to sort and put on your plate.

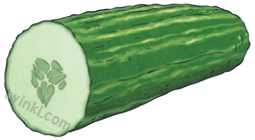


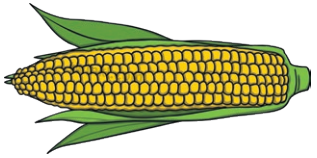












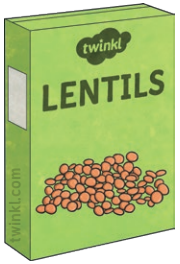
TUNA

SEMI SKIMMED MILK

BEANS
LOWER SALT AND SUGAR
Premium

SOYA DRINK

LOW FAT SOFT CHEESE


LENTILS

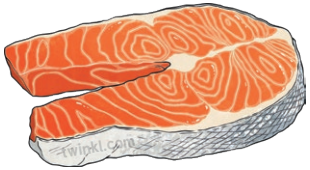
SPAGHETTI

Sunflower Oil

LOWER FAT SPREAD

PREMIUM WHOLEMEAL

BAGELS



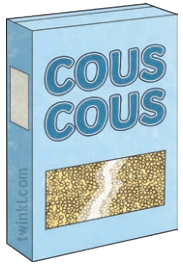
CHICK PEAS

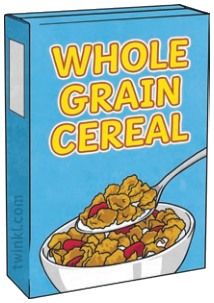
PLAIN NUTS

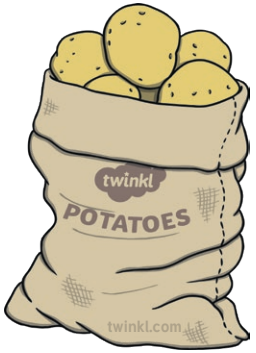
YOGHURT

PASTA

RICE


COUS COUS

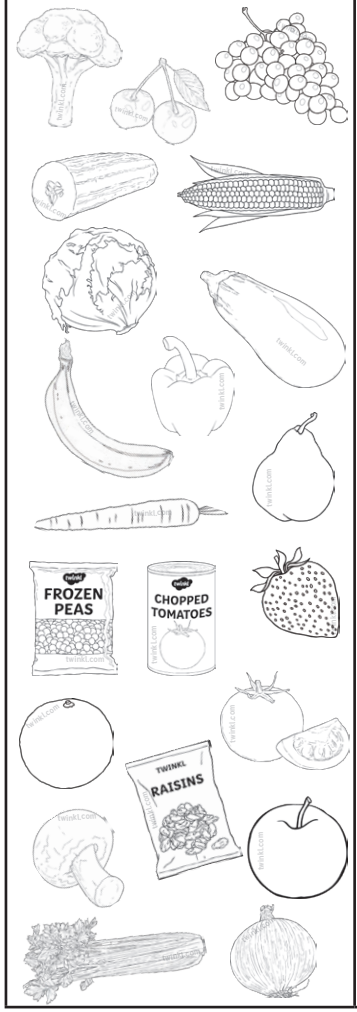
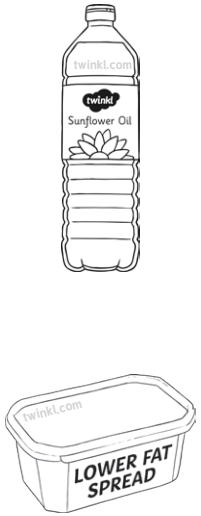

WHOLE GRAIN CEREAL


POTATOES

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				

Healthy Eating Meal - Pictures - **Answers**

Fruits and Vegetables	Potatoes, bread, rice, pasta, and other starchy carbohydrates	Oils and spreads	Dairy and alternatives	Beans, pulses, fish, eggs, meat and other proteins	High in fat, salt and sugar
					

visit twinkl.com

Healthy Eating Meal - Written Words - **Answers**

Fruits and Vegetables	Potatoes, bread, rice, pasta, and other starchy carbohydrates	Oils and spreads	Dairy and alternatives	Beans, pulses, fish, eggs, meat and other proteins	High in fat, salt and sugar
Strawberries **Lettuce** **Cucumber** **Apple** **Peas** **Banana** **Broccoli**	**Pasta** **Bread** **Potatoes** **Cereal**	**Olive Oil** **Butter**	**Yoghurt** **Cheese**	**Fish Fingers** **Fish** **Burger** **Chicken** **Steak** **Meat** **Baked Beans**	**Crisps** **Fizzy Drinks** **Chocolate** **Fish and Chips**

visit twinkl.com