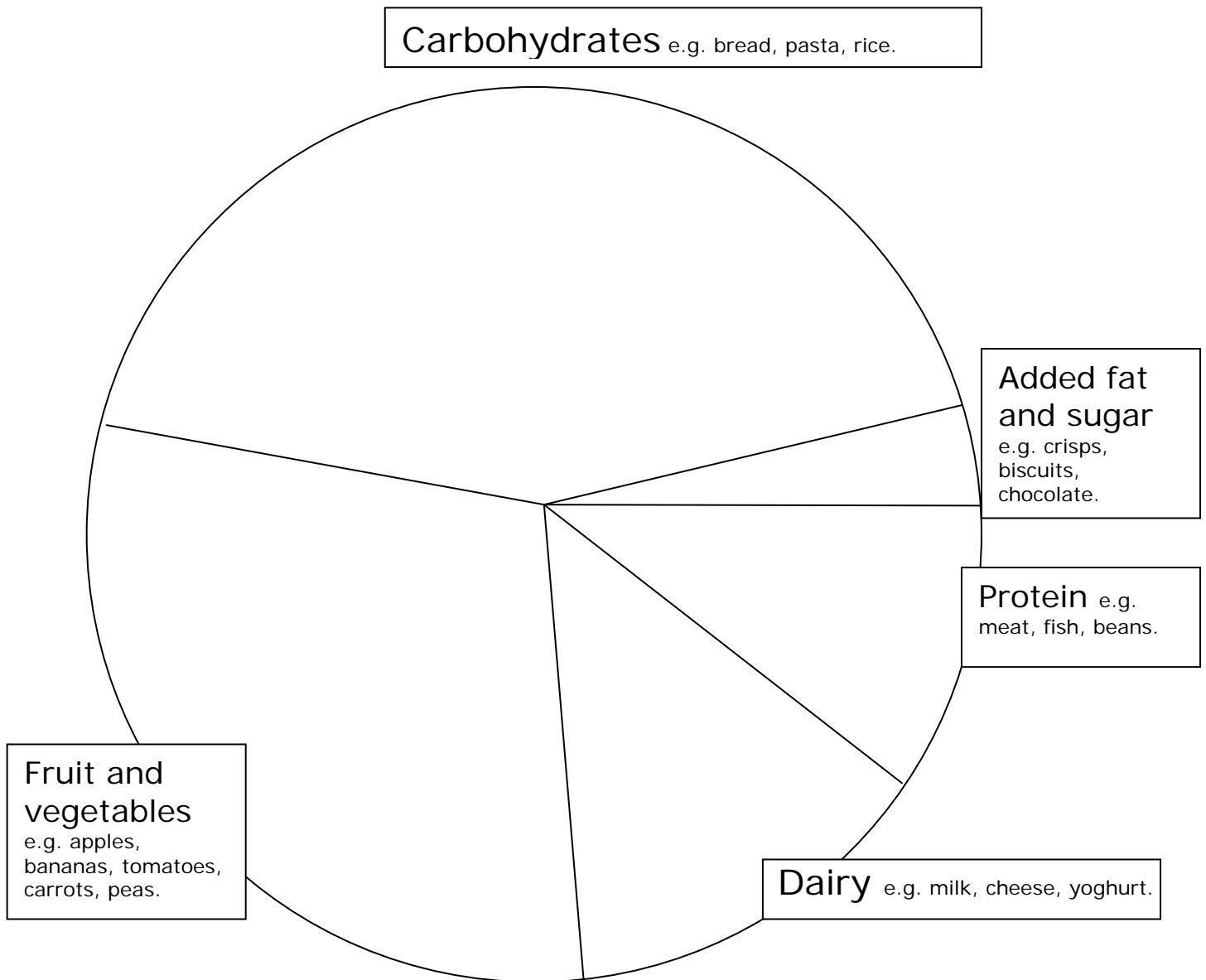


Making a healthy plateful



Here is an empty plate. It has some lines on it to show the portion size of the different food types for a balanced diet.

Draw and label some examples of the different types of food that fit into each section.



1. Which food type do we need to eat the most of?
2. Which food type do we need to eat the least of?
3. Which food type do we eat 'five-a-day'?
4. Draw a healthy packed lunch on another piece of paper.