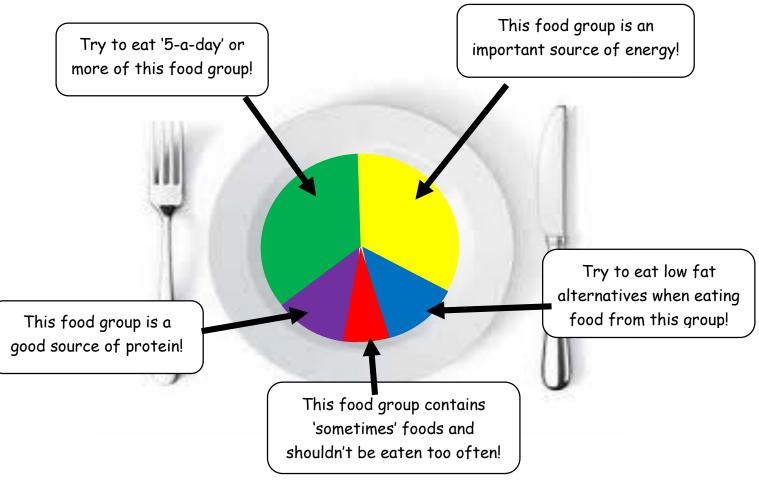




## What's on your plate?

The food we eat can be divided up into five food groups.

To keep healthy, we should eat a balanced diet which means eating a variety of foods in the right proportions!



Using the information by each section, correctly label each section of the Eatwell plate with one of the following labels:

- Bread, rice, potatoes, pasta (energy-rich, starchy foods) (CHO)
- Fruit and vegetables (F&V)
- Meat, fish, eggs, beans and other non-dairy sources of protein (NDP)
- Milk and dairy foods (DP)
- Foods and drinks high in sugar and/or fat and/or salt (F&S)





Look at this list of foods. List as many as you can in the correct section of the Eatwell Plate!

Food		Food group
• Crisps	$\rightarrow$	
Cheddar cheese	$\rightarrow$	
• Pasta	$\rightarrow$	
<ul> <li>Beef burger</li> </ul>	$\rightarrow$	
• Toast	$\rightarrow$	
• Peas	$\rightarrow$	
Broccoli	$\rightarrow$	
<ul> <li>Yoghurt</li> </ul>	$\rightarrow$	
<ul> <li>Cabbage</li> </ul>	$\rightarrow$	
Nuts	$\rightarrow$	
<ul> <li>Porridge</li> </ul>	$\rightarrow$	
<ul> <li>Potatoes</li> </ul>	$\rightarrow$	
<ul> <li>Salmon</li> </ul>	$\rightarrow$	
<ul> <li>Doughnut</li> </ul>	$\rightarrow$	
<ul> <li>Chocolate</li> </ul>	$\rightarrow$	
<ul> <li>Cupcakes</li> </ul>	$\rightarrow$	
Cream crackers	$\rightarrow$	
Chicken drumstick	$\rightarrow$	
<ul> <li>French fries</li> </ul>	$\rightarrow$	
• Pineapple	$\rightarrow$	
<ul> <li>Cheese spread</li> </ul>	$\rightarrow$	
<ul> <li>Peanuts</li> </ul>	$\rightarrow$	
• Tin of tuna	$\rightarrow$	
<ul> <li>Cauliflower</li> </ul>	$\rightarrow$	
• Pizza	$\rightarrow$	
• Ice-cream	$\rightarrow$	
<ul> <li>Leg of lamb</li> </ul>	$\rightarrow$	
<ul> <li>Lentils</li> </ul>	$\rightarrow$	
• Glass of fruit juice	$\rightarrow$	