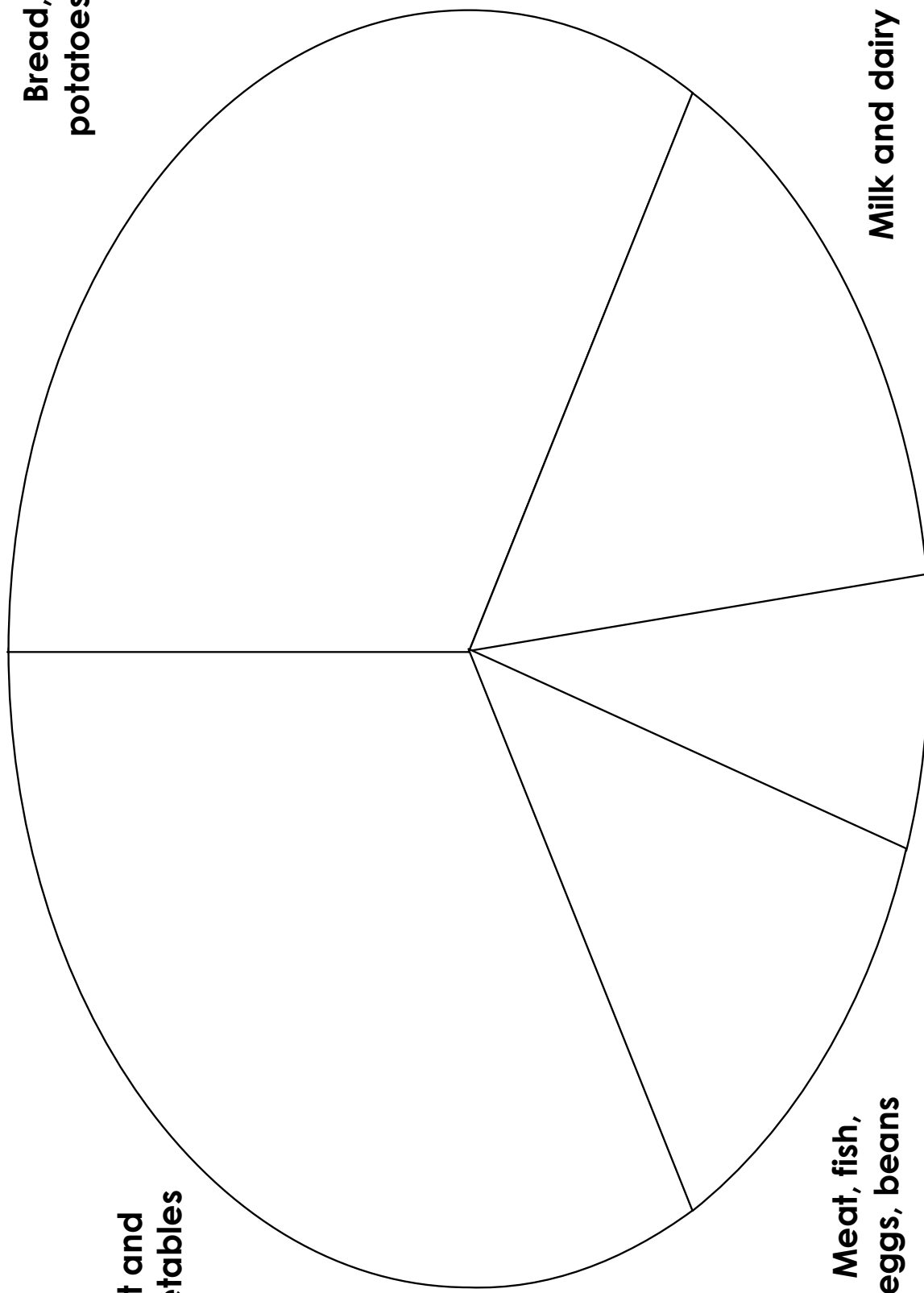


Name: _____

The eatwell plate



**Bread, rice,
potatoes, pasta**

Milk and dairy foods

**Foods and drinks high in fat
and/or sugar**

**Meat, fish,
eggs, beans**

**Fruit and
vegetables**