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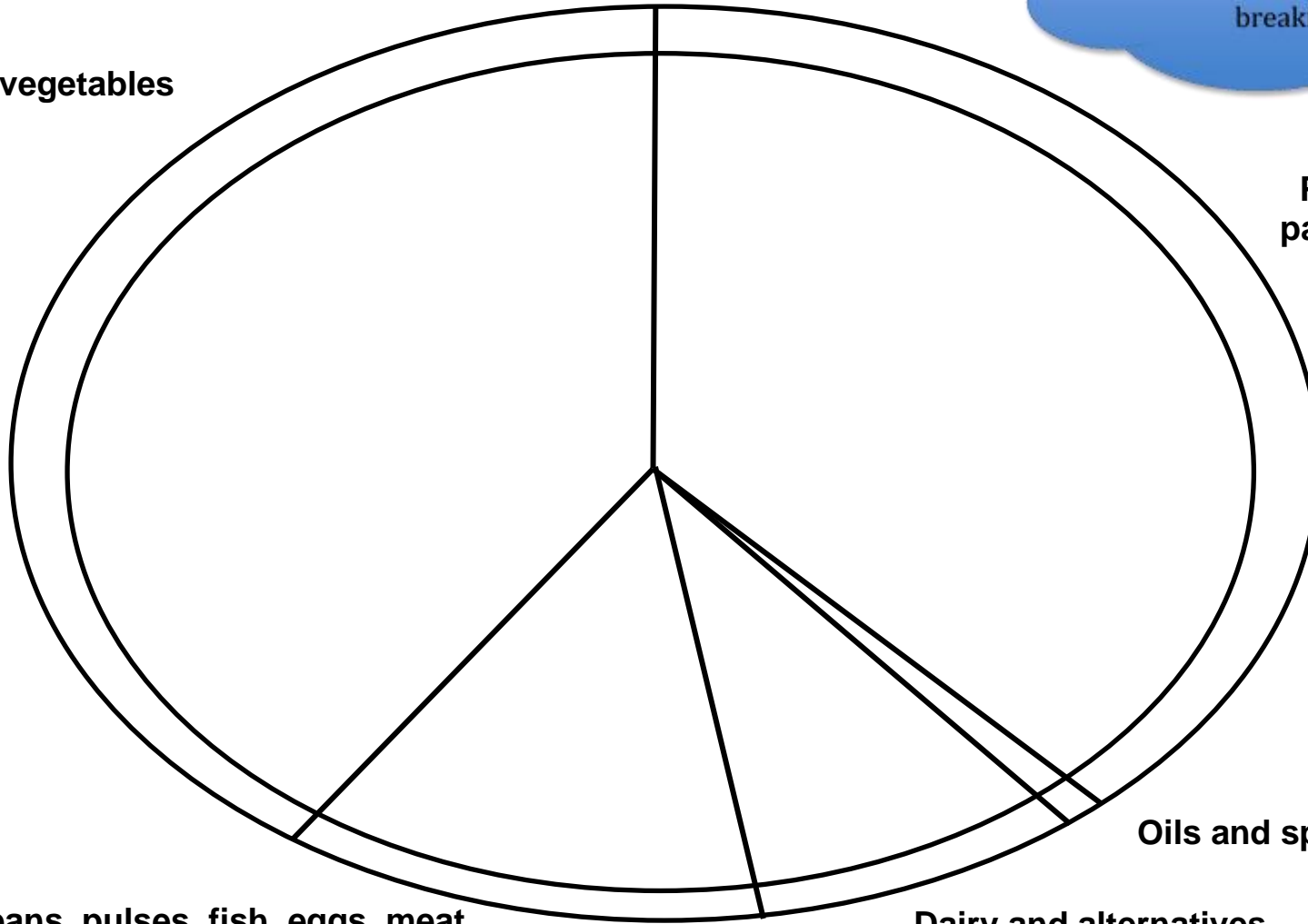
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The Eatwell Guide

Task - Cut up the food cards and put them into the correct categories below. If you don't have the equipment, draw them. Once you have filled the Eat Well guide, use it to create a balanced meal for your breakfast, lunch and dinner.

Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates



Oils and spreads

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives