

Name:

Date:

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.

The Eatwell Guide

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

