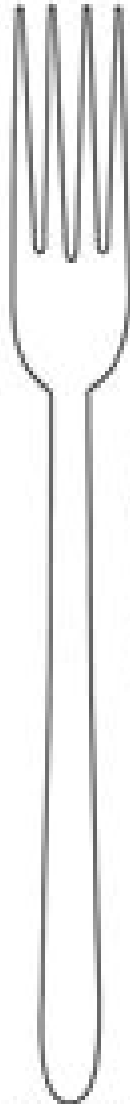




MY HEALTHY PLATE

Draw your favourite foods under each group.

Which food group should we eat the least of? Why?



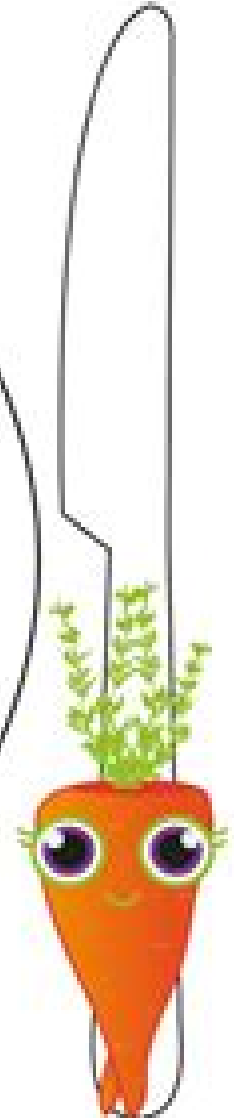
Vegetables and Fruits =
Vitamins and Minerals

Carbohydrates =
Energy

Proteins =
Growth and Repair

High in Sugar
and Fat

Dairy =
Strong Bones
and Teeth



My Eat Well Plateblank Template

Sebastian Brünink

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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