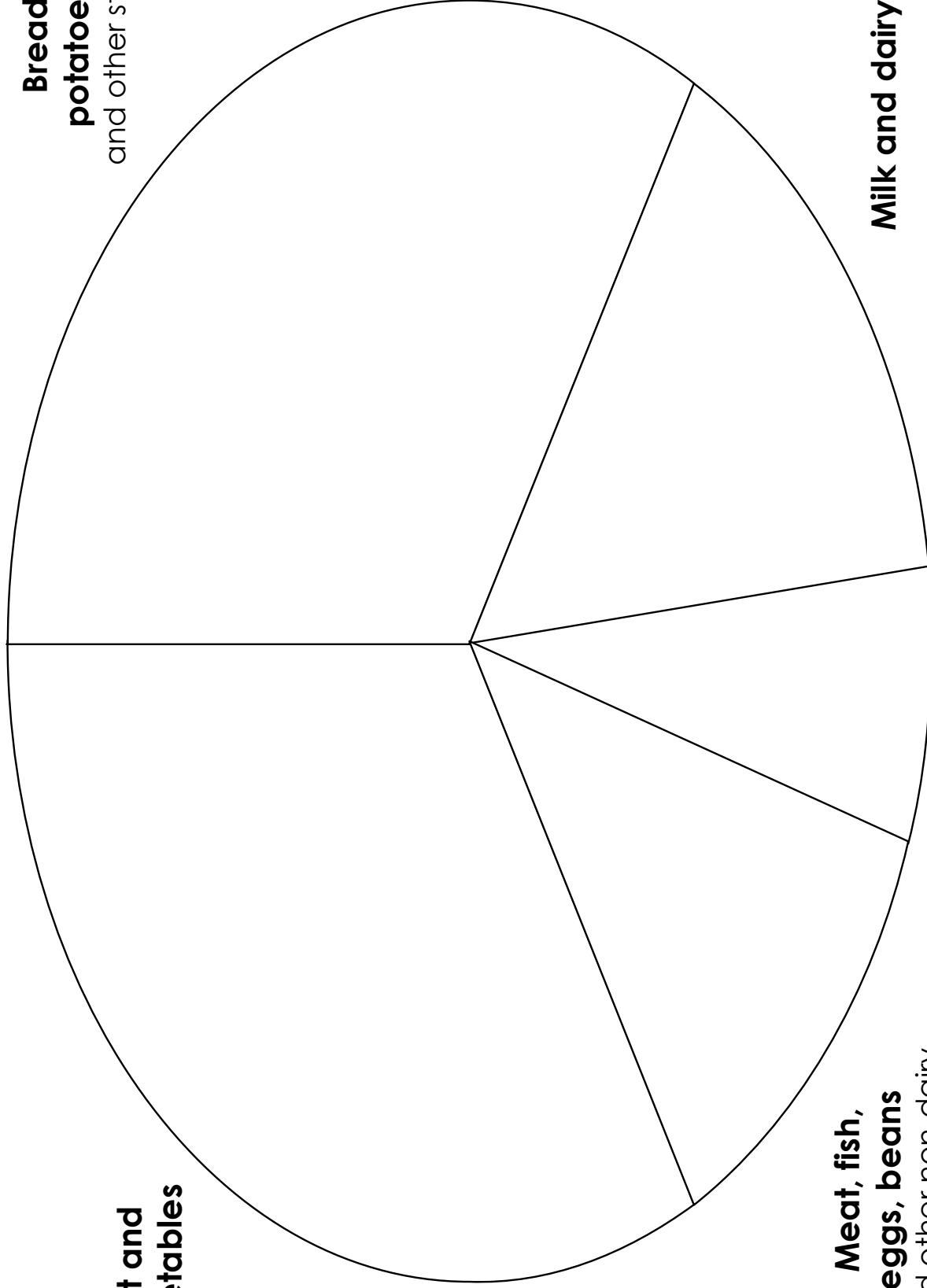


Name: _____

The eatwell plate



Fruit and vegetables

Bread, rice, potatoes, pasta
and other starchy food

Milk and dairy foods

Foods and drinks high in fat and/or sugar

Meat, fish, eggs, beans
and other non-dairy sources of protein