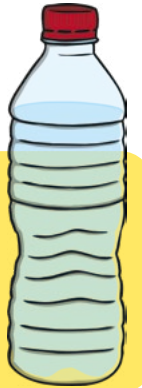


Healthy Eating

The Eatwell Guide can help us to try to eat a healthy, balanced diet. It shows us how much of our diet should come from each food group.

It also tells us about healthy options for drinks - water is always a great choice!



Look at the different foods in the word bank and think about what food group they belong to.

Word Bank

apple



banana



bread



broccoli



cake



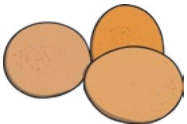
sweets



carrots



eggs



tomatoes



lentils



milk



vegetable oil



pasta



potatoes



rice



fish



soya milk



crisps



beans



cereal



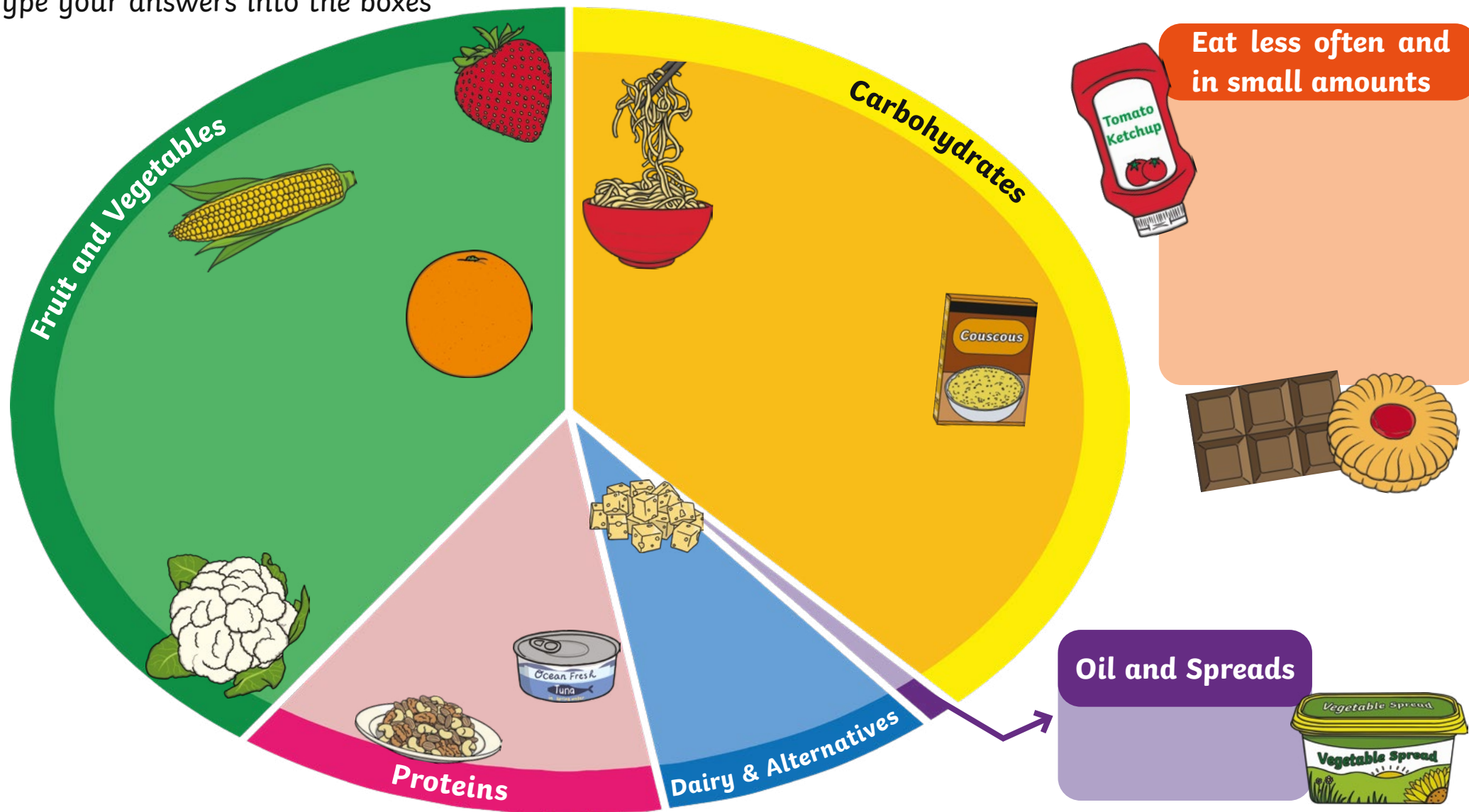
yoghurt



Eatwell Guide

Can you sort the foods from the word bank into the correct section of the Eatwell Guide?

Type your answers into the boxes



The Eatwell Guide is based on current NHS and government advice (at the time of writing). Contains public sector information licensed under the Open Government Licence v3.0.