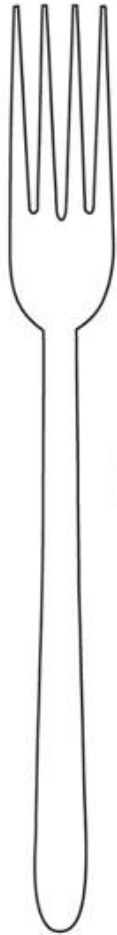




MY HEALTHY PLATE

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

Dairy =
Strong Bones
and Teeth

High in Sugar
and Fat

