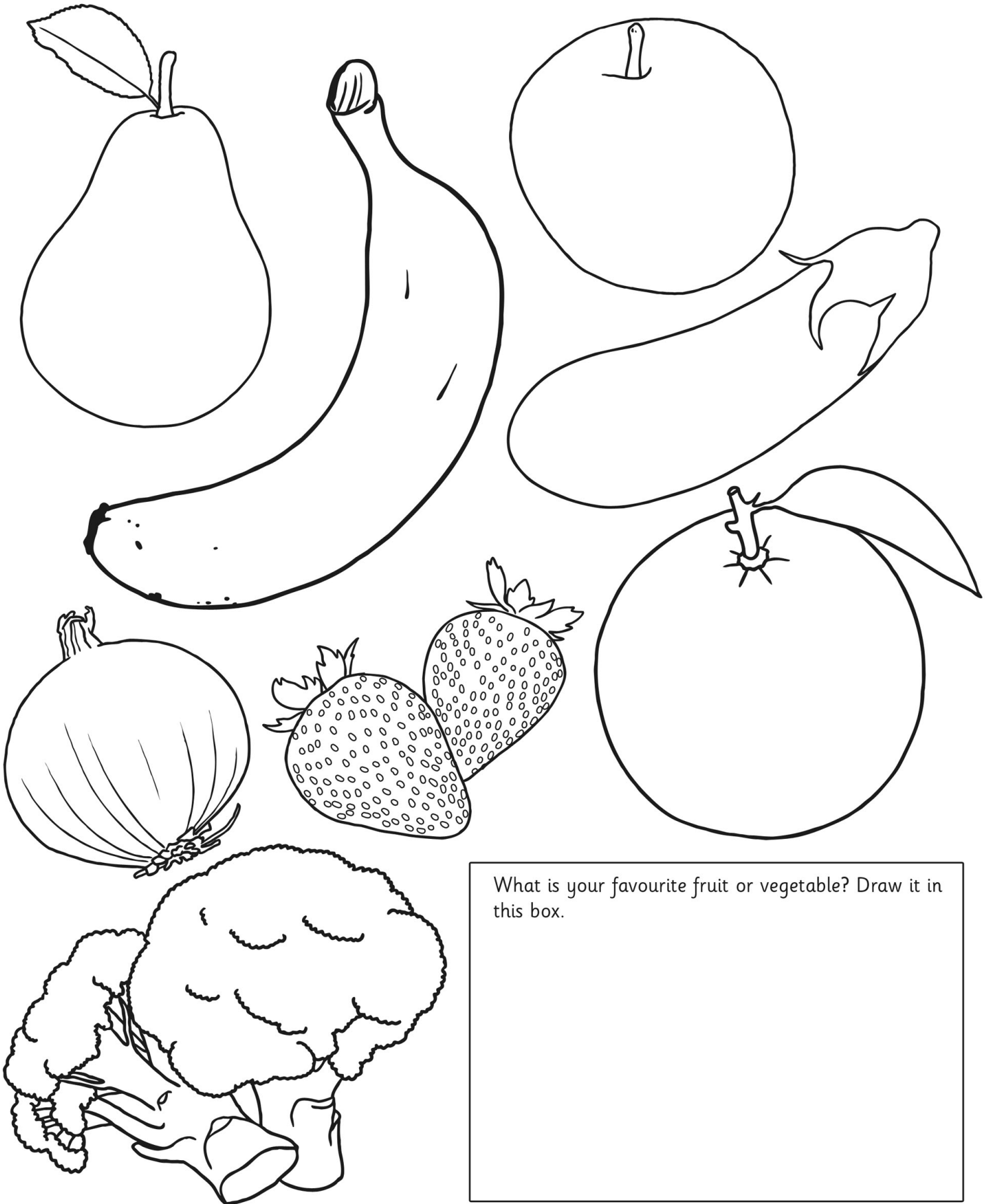


Fruit and Vegetables

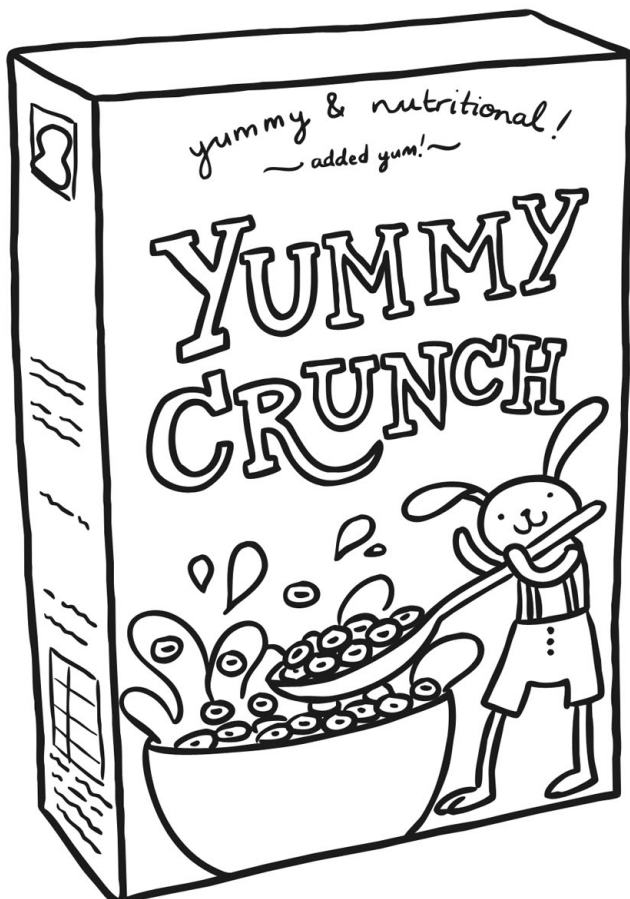
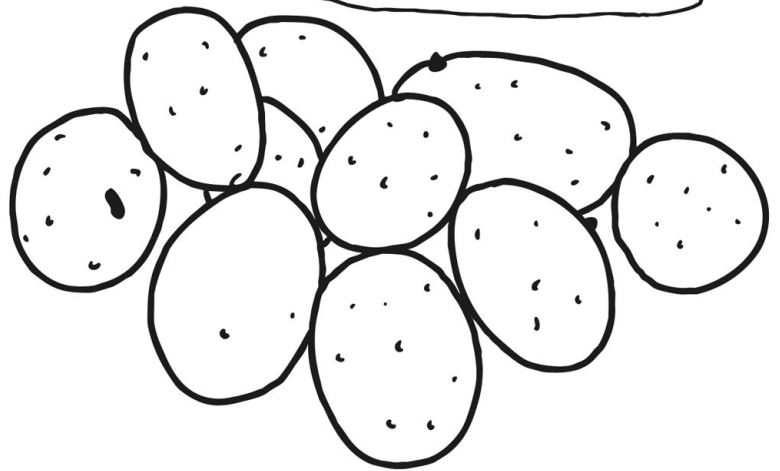
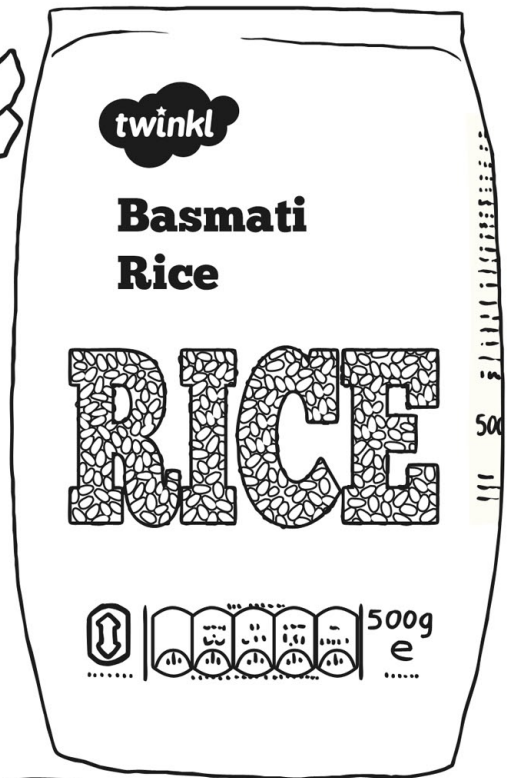
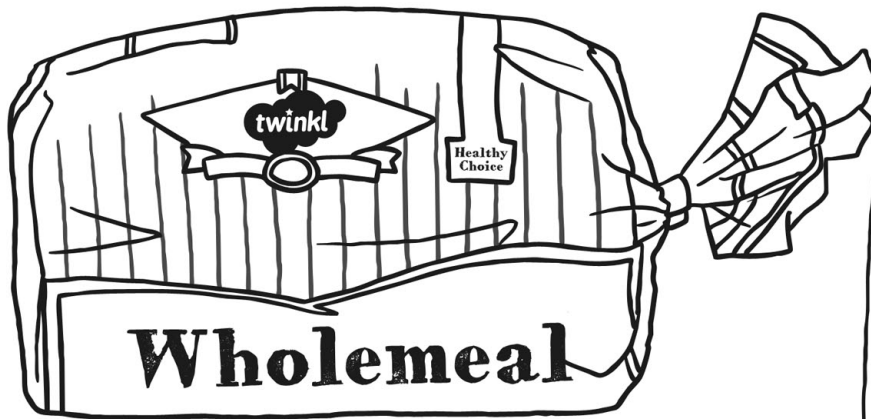
These foods contain lots of vitamins and minerals. Eat at least five portions per day.



What is your favourite fruit or vegetable? Draw it in this box.

Starchy Foods

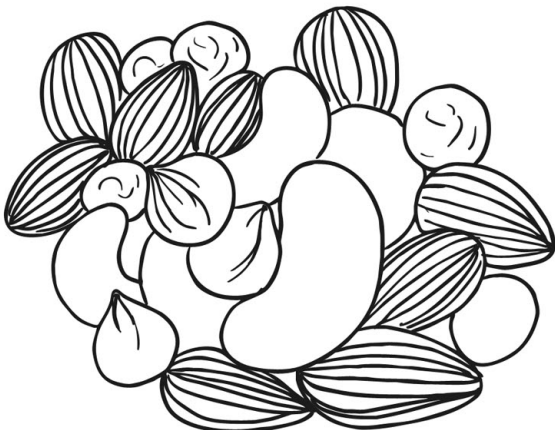
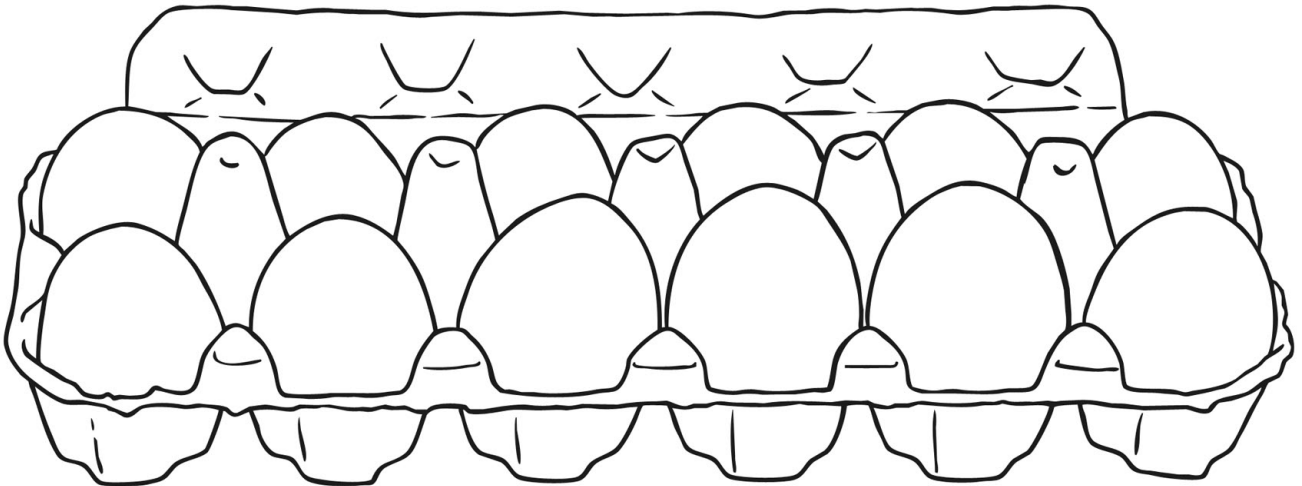
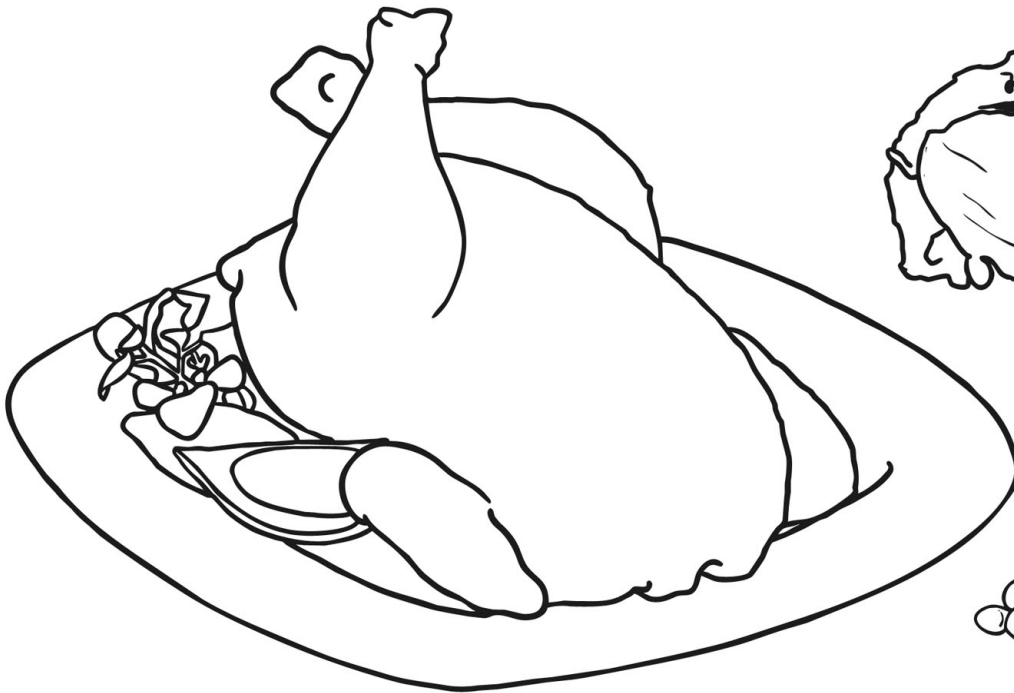
These foods give you energy. Eat some at every meal.



What is your favourite starchy food? Draw it in this box.

Protein Foods

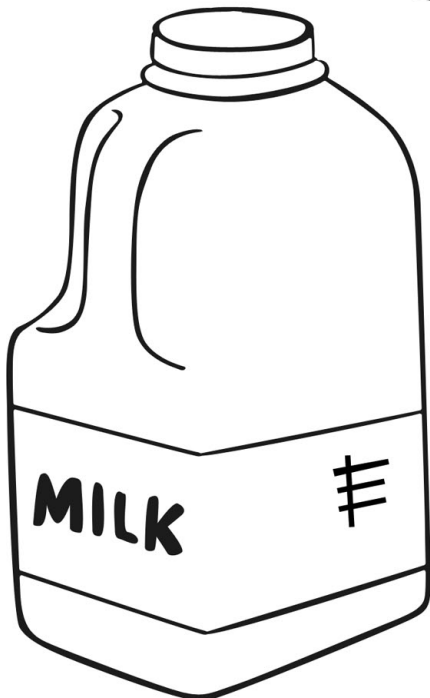
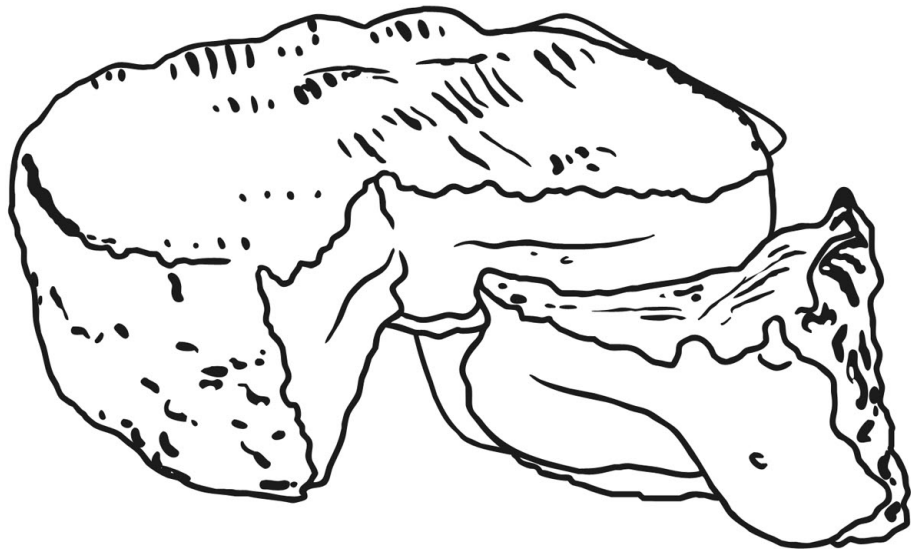
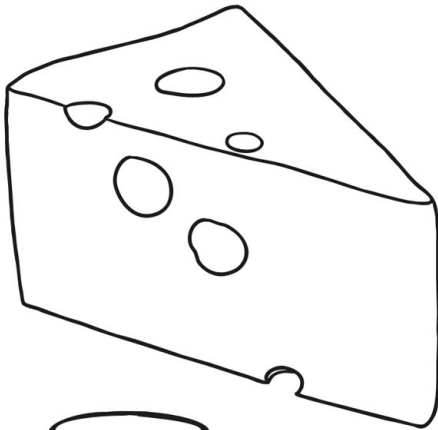
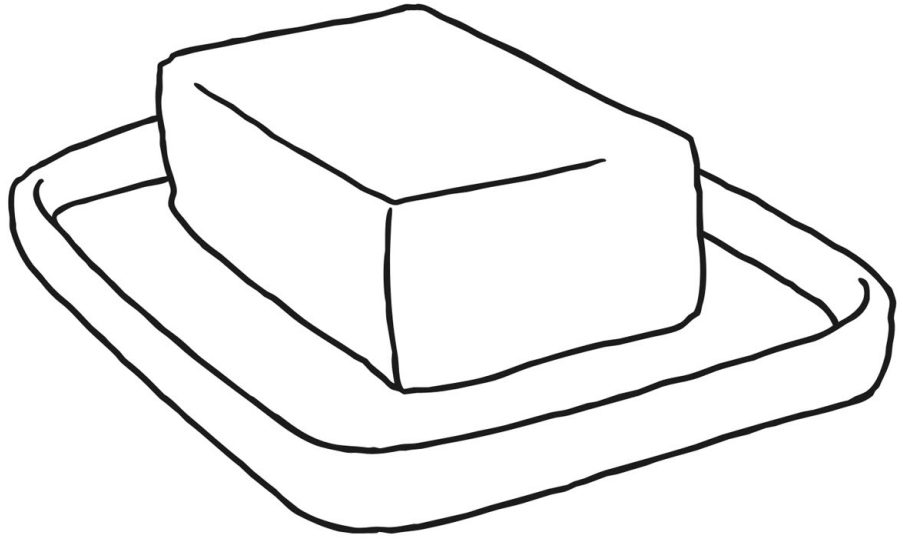
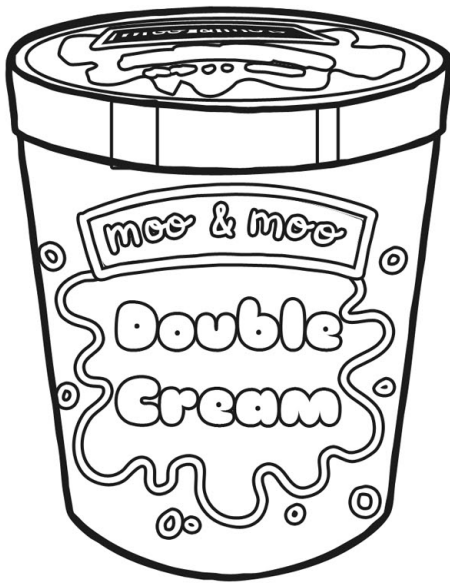
These foods help you to grow and develop. Eat two or three times a day.



What is your favourite protein food? Draw it in this box.

Dairy Foods

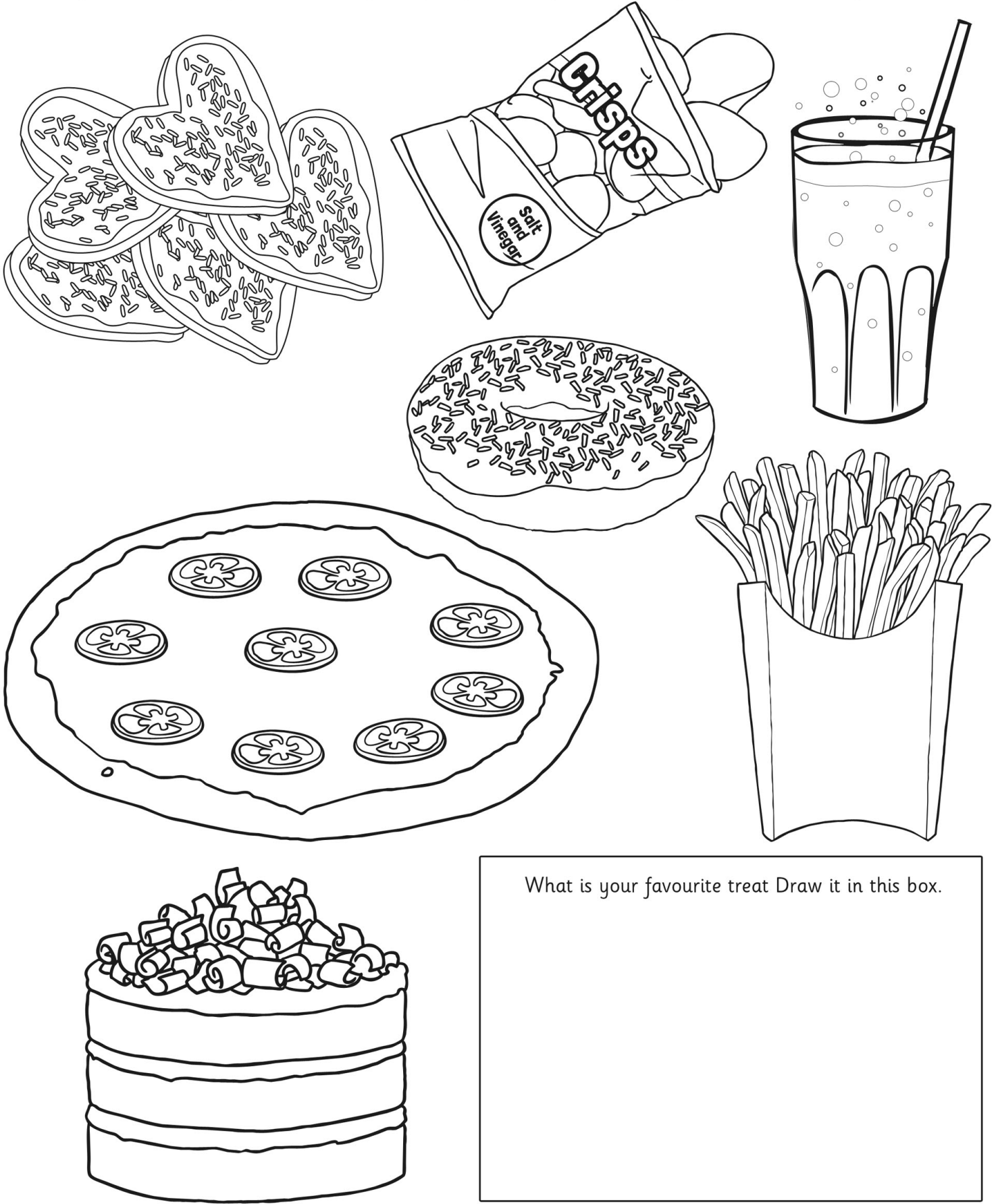
These foods are good for your bones and teeth. Eat 2 or 3 times a day.



What is your favourite dairy food? Draw it in this box.

Sugary Foods

These foods are tasty but are not good for you. Only have these foods occasionally, as a treat.



What is your favourite treat Draw it in this box.