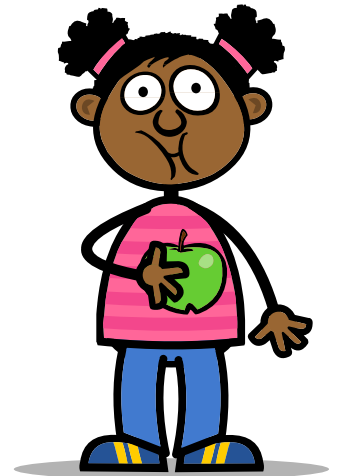
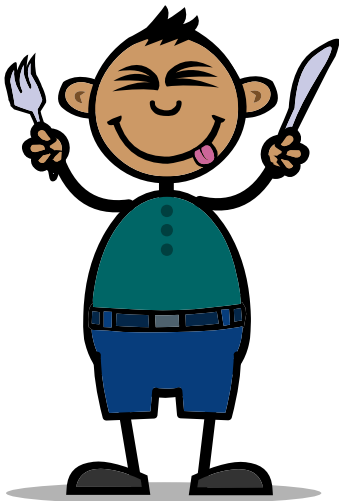


Healthy eating plate

Can you pick some of the foods below to draw your own healthy meal? Make sure you include foods from each of the five food groups. When you have finished, write a list of the foods you chose and explain why you picked them.



For my meal I chose:

.....

I chose this food because...

.....

