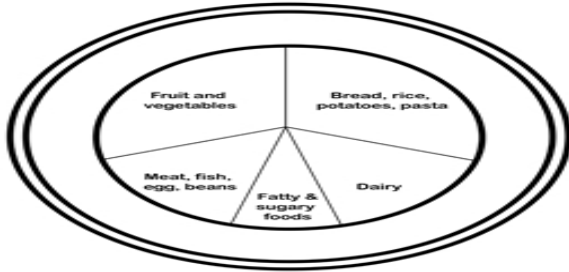


**Balanced Plate Activity Sheet**

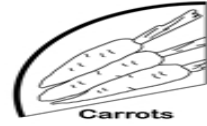


Free Printable from [amummytoo.co.uk](http://amummytoo.co.uk)

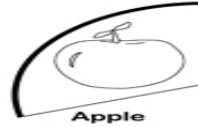
**Balanced Plate Activity Sheet**  
Fruit and vegetables



**Broccoli**



**Carrots**



**Apple**



**Banana**

Free Printable from [amummytoo.co.uk](http://amummytoo.co.uk)

**Balanced Plate Activity Sheet**  
Bread, rice and other starchy foods



**Bread**



**Pasta**



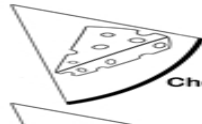
**Potato**



**Rice**

Free Printable from [amummytoo.co.uk](http://amummytoo.co.uk)

**Balanced Plate Activity Sheet**  
Milk and dairy foods



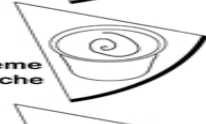
**Cheese**



**Milk**



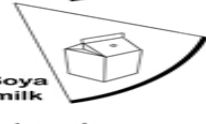
**Yoghurt**



**Crème fraîche**



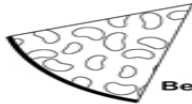
**Cottage cheese**



**Soya milk**

Free Printable from [amummytoo.co.uk](http://amummytoo.co.uk)

**Balanced Plate Activity Sheet**  
Meat, fish, egg, beans, non-dairy proteins



**Beans**



**Chicken**



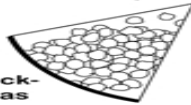
**Egg**



**Fish**



**Red meat**



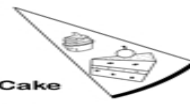
**Chick-peas**

Free Printable from [amummytoo.co.uk](http://amummytoo.co.uk)

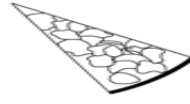
**Balanced Plate Activity Sheet**  
Sugary and fatty foods



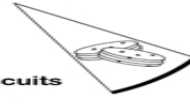
**Fizzy drink**



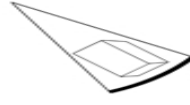
**Cake**



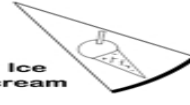
**Crisps**



**Biscuits**



**Butter**



**Ice cream**

Free Printable from [amummytoo.co.uk](http://amummytoo.co.uk)