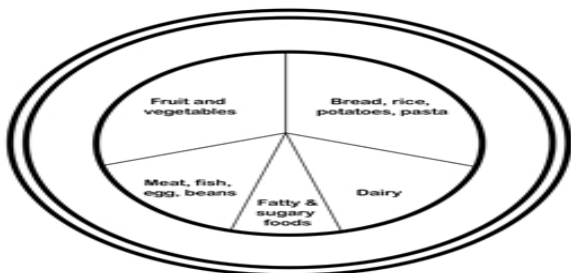


Balanced Plate Activity Sheet



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Balanced Plate Activity Sheet Fruit and vegetables



Broccoli



Carrots



Apple



Banana

Free Printable from amummytoo.co.uk

Balanced Plate Activity Sheet Bread, rice and other starchy foods



Bread



Pasta



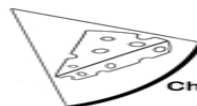
Potato



Rice

Free Printable from amummytoo.co.uk

Balanced Plate Activity Sheet Milk and dairy foods



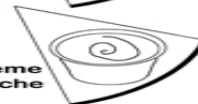
Cheese



Milk



Yoghurt



Crème fraîche



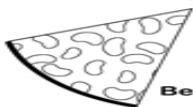
Cottage cheese



Soya milk

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



Beans



Chicken



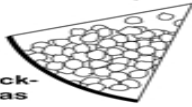
Egg



Fish



Red meat



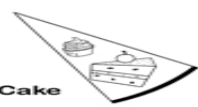
Chick-peas

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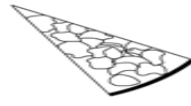
Balanced Plate Activity Sheet Sugary and fatty foods



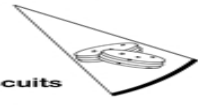
Fizzy drink



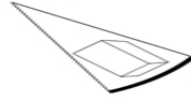
Cake



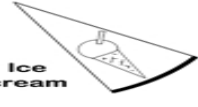
Crisps



Biscuits



Butter



Ice cream

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