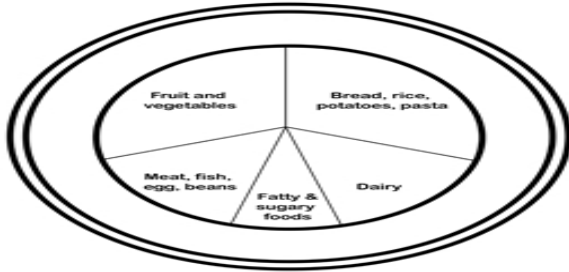


Balanced Plate Activity Sheet

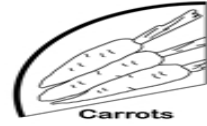


Free Printable from amummytoo.co.uk

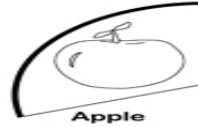
Balanced Plate Activity Sheet
Fruit and vegetables



Broccoli



Carrots



Apple



Banana

Free Printable from amummytoo.co.uk

Balanced Plate Activity Sheet
Bread, rice and other starchy foods



Bread



Pasta



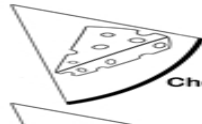
Potato



Rice

Free Printable from amummytoo.co.uk

Balanced Plate Activity Sheet
Milk and dairy foods



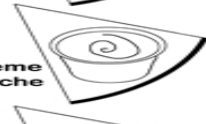
Cheese



Milk



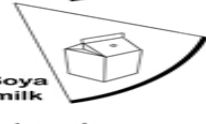
Yoghurt



Crème fraîche



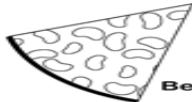
Cottage cheese



Soya milk

Free Printable from amummytoo.co.uk

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



Beans



Chicken



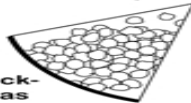
Egg



Fish



Red meat



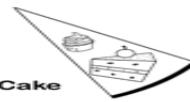
Chick-peas

Free Printable from amummytoo.co.uk

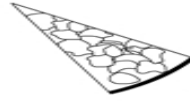
Balanced Plate Activity Sheet
Sugary and fatty foods



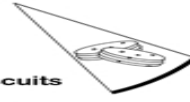
Fizzy drink



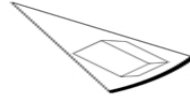
Cake



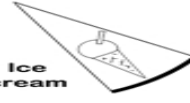
Crisps



Biscuits



Butter



Ice cream

Free Printable from amummytoo.co.uk