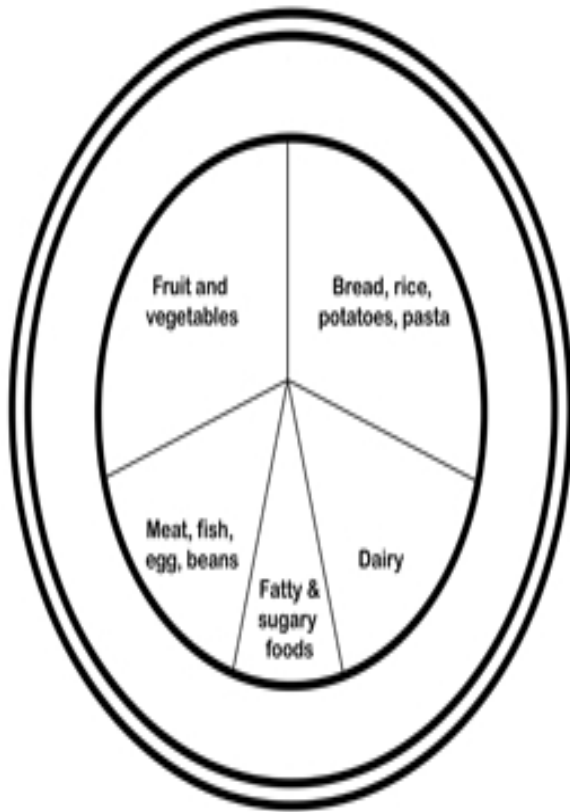


## Balanced Plate Activity Sheet



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The plate proportions used here are in line with the Department of Health's 'Balanced Plate'

## Balanced Plate Activity Sheet Fruit and vegetables



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