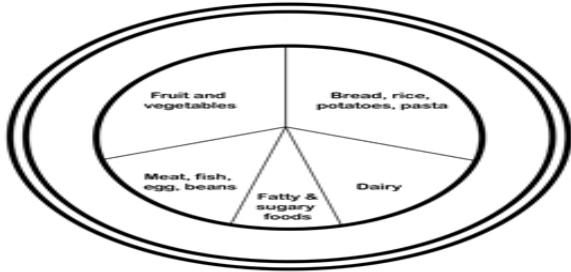


**Balanced Plate Activity Sheet**

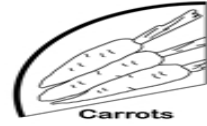


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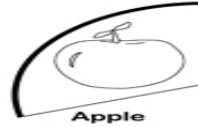
**Balanced Plate Activity Sheet**  
Fruit and vegetables



**Broccoli**



**Carrots**



**Apple**



**Banana**

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



**Bread**



**Pasta**



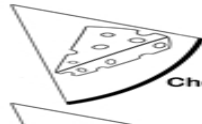
**Potato**



**Rice**

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



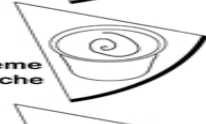
**Cheese**



**Milk**



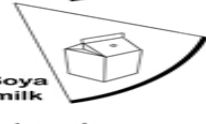
**Yoghurt**



**Crème fraîche**



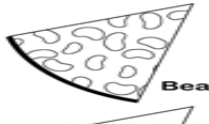
**Cottage cheese**



**Soya milk**

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



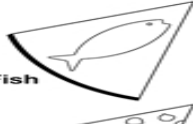
**Beans**



**Chicken**



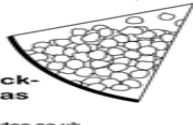
**Egg**



**Fish**



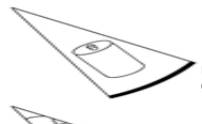
**Red meat**



**Chick-peas**

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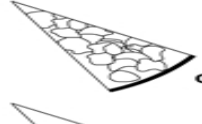
**Balanced Plate Activity Sheet**  
Sugary and fatty foods



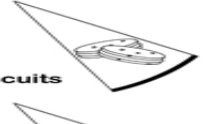
**Fizzy drink**



**Cake**



**Crisps**



**Biscuits**



**Butter**



**Ice cream**

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