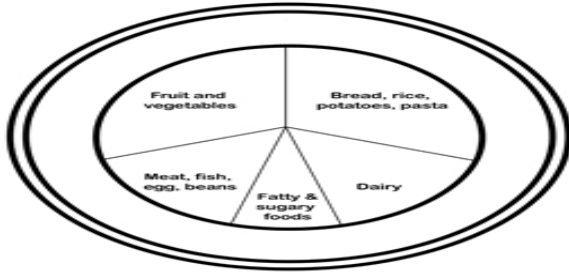


Balanced Plate Activity Sheet

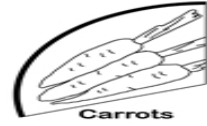


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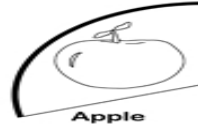
Balanced Plate Activity Sheet
Fruit and vegetables



Broccoli



Carrots



Apple



Banana

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Balanced Plate Activity Sheet
Bread, rice and other starchy foods



Bread



Pasta



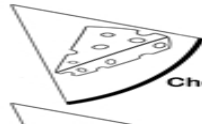
Potato



Rice

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Balanced Plate Activity Sheet
Milk and dairy foods



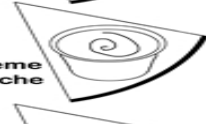
Cheese



Milk



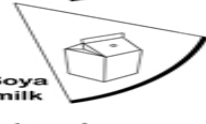
Yoghurt



Crème fraîche



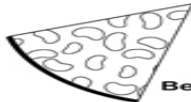
Cottage cheese



Soya milk

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



Beans



Chicken



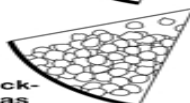
Egg



Fish



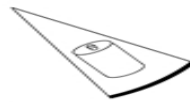
Red meat



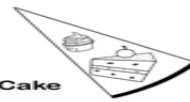
Chick-peas

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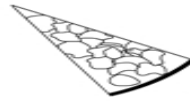
Balanced Plate Activity Sheet
Sugary and fatty foods



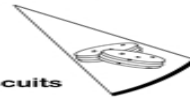
Fizzy drink



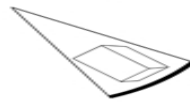
Cake



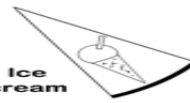
Crisps



Biscuits



Butter



Ice cream

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