

Date \_\_\_\_\_

Name \_\_\_\_\_

LO: I know the importance for humans of exercise, healthy eating and good hygiene

Healthy foods	Foods to eat in moderation



# A Balanced plate

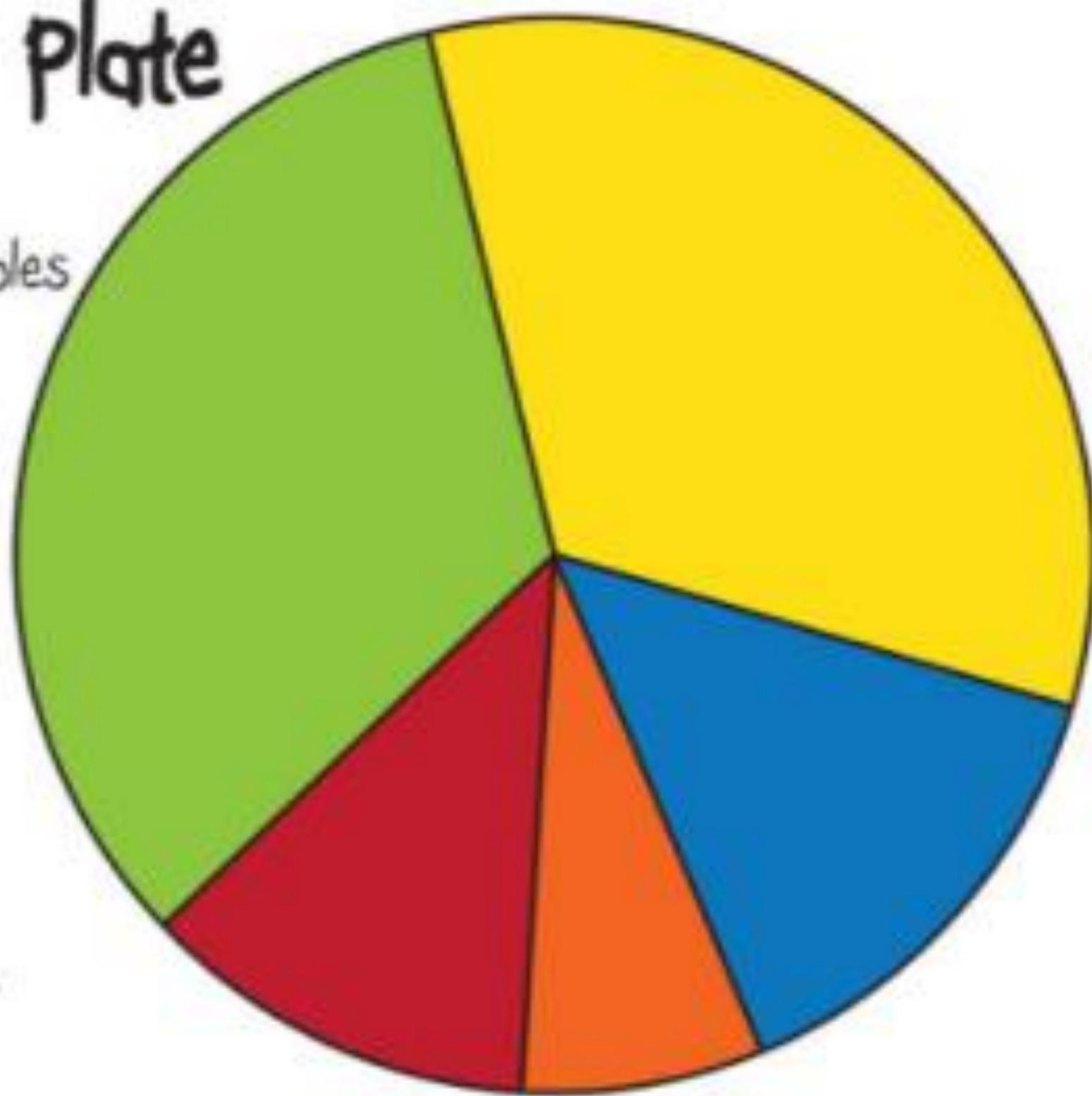
 Fruit and vegetables

 Grains, cereals  
and potatoes

 Dairy products

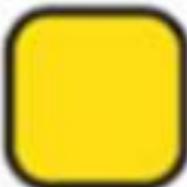
 Meat, fish, nuts  
and eggs

 Fats and sugars

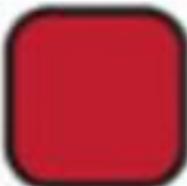


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 Fruit and vegetables

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