

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





A Balanced plate

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 Grains, cereals and potatoes

 Dairy products

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 Fats and sugars

