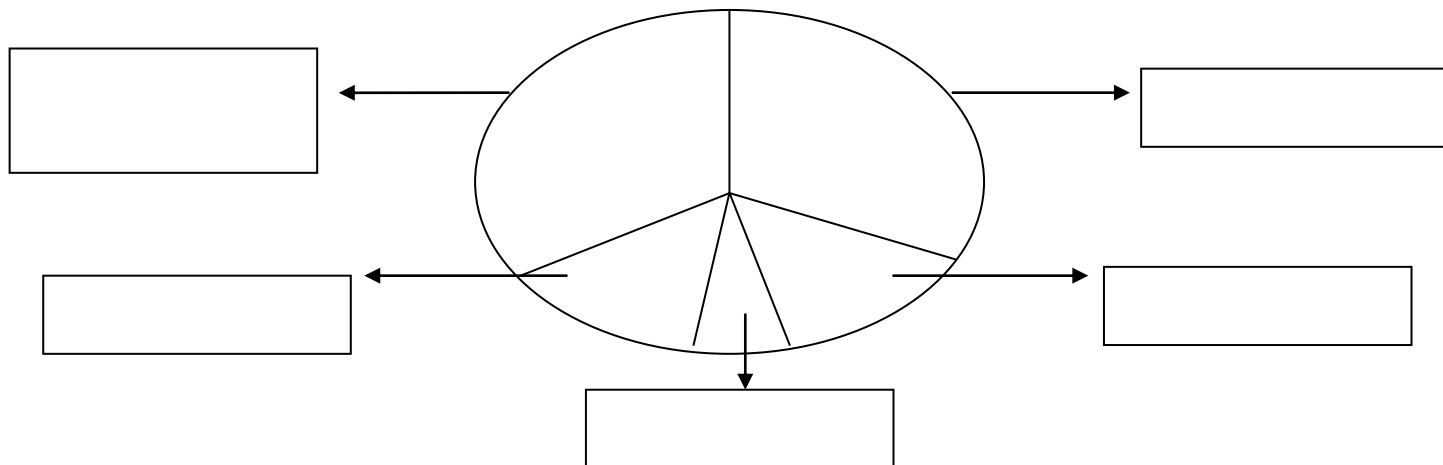


1. Look at the plate below.

Label each section with these food group names:

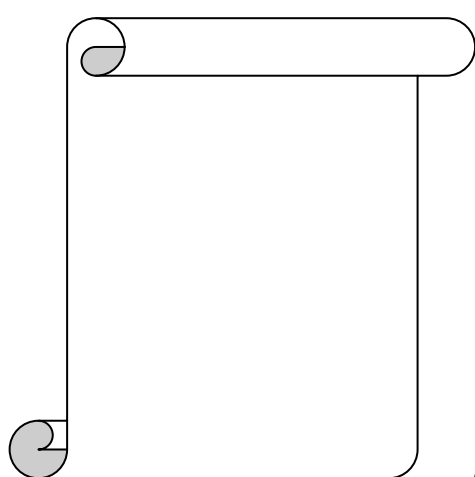
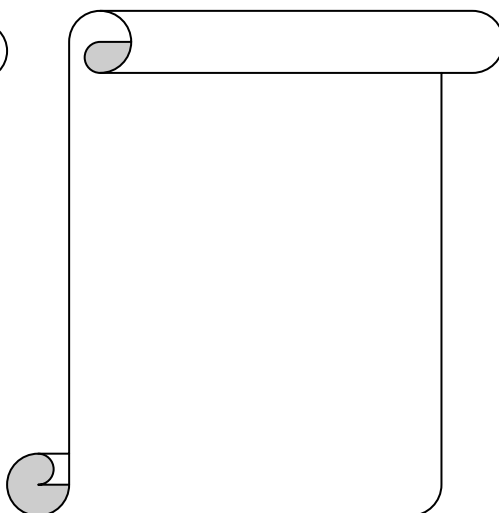
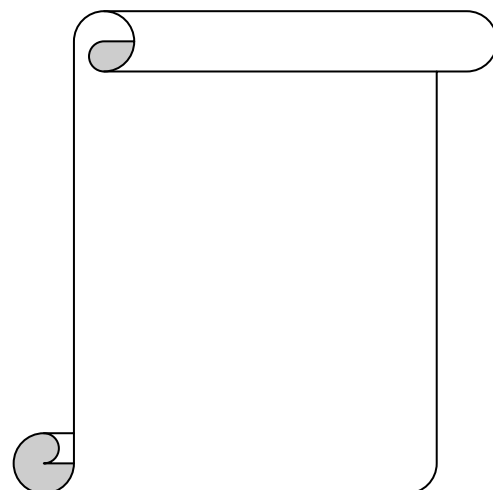
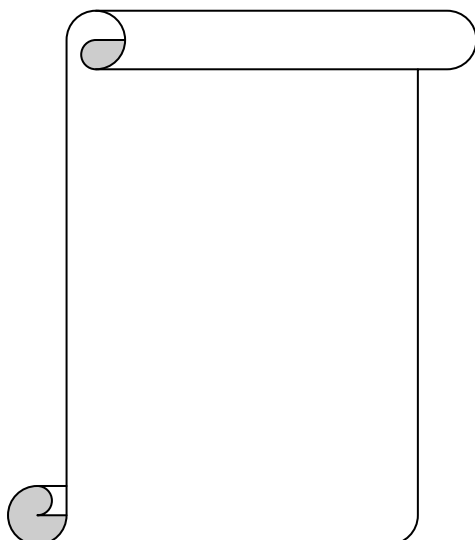
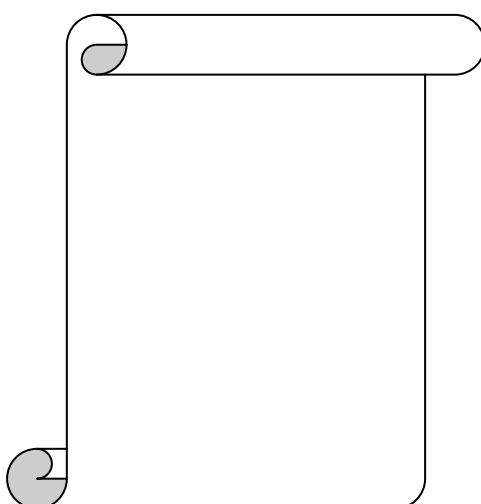
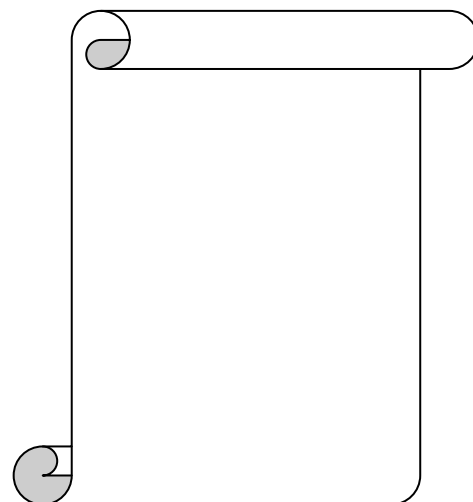
*\*Insert pictures in the pie chart*

FATS – GRAINS – FRUIT and VEGETABLES - PROTEINS – DAIRY PRODUCTS



2. Look at these shopping lists. Circle GRAINS in brown; VEGETABLES in green, FRUIT in orange; PROTEINS in pink, DAIRY PRODUCTS in yellow and FATS in red.

*\*Insert pictures*

3. Look at these plates and match them to the correct expression.

*\*Insert pictures to be matched with the appropriate statement.*

THIS PLATE  
IS  
BALANCED

THIS PLATE IS  
NOT SO  
BALANCED

THIS PLATE IS  
NOT  
BALANCED

4. Read the sentence and draw your favourite balanced and not balanced menu.

THIS IS MY FAVOURITE  
**BALANCED** PLATE

THIS IS MY FAVOURITE **NOT**  
**BALANCED** PLATE