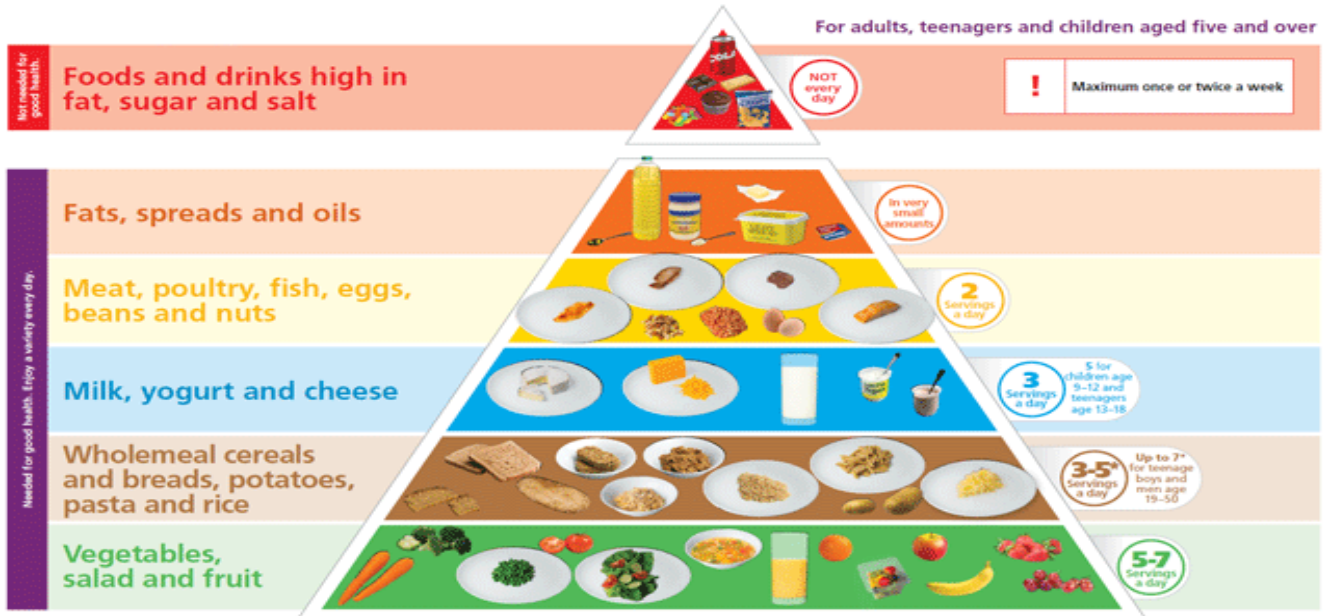
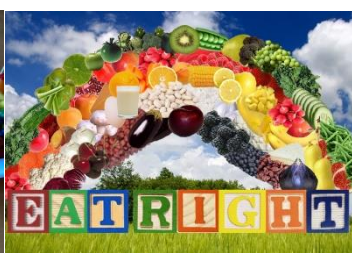


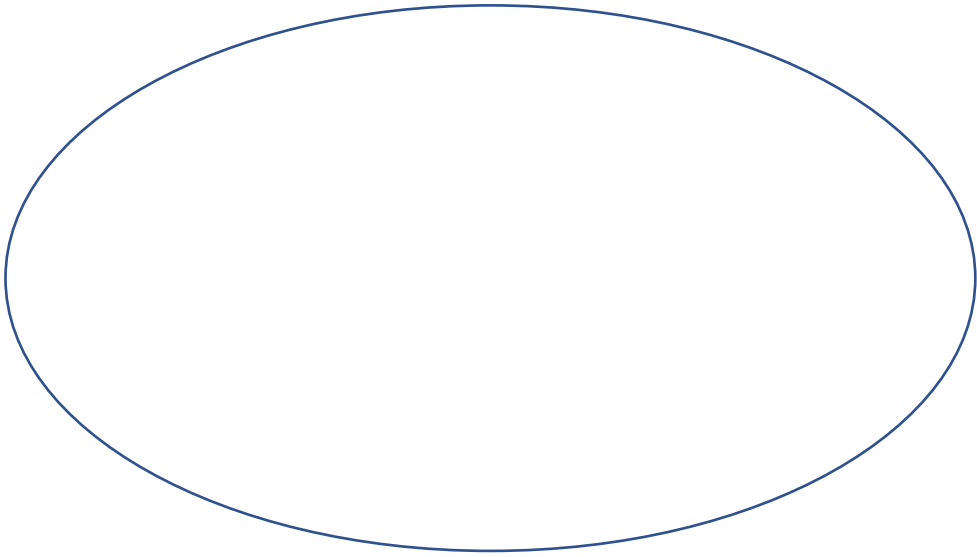
HEALTHY EATING



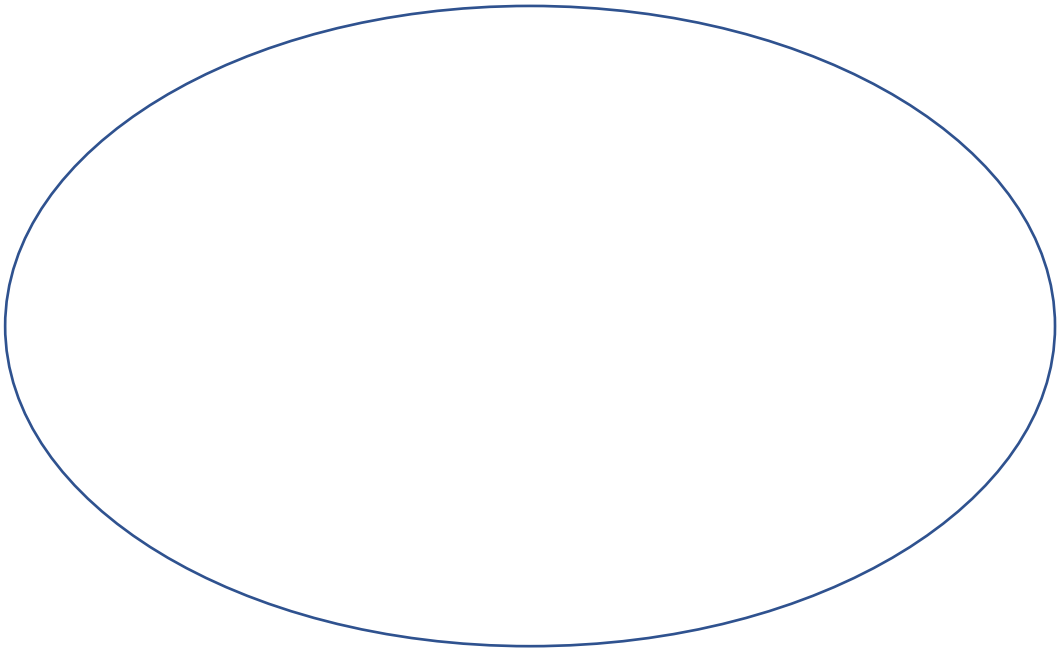
This is a food pyramid. It shows how much of each food we should aim to eat throughout a day or week. Have a look at the foods and see if you can plan 3 meals for yourself using the food pyramid and also remember to include as many colours as you can with your fruit and vegetables. We are recommended to eat a rainbow of fruit and veg throughout the day and week.



Breakfast



Lunch



Dinner

