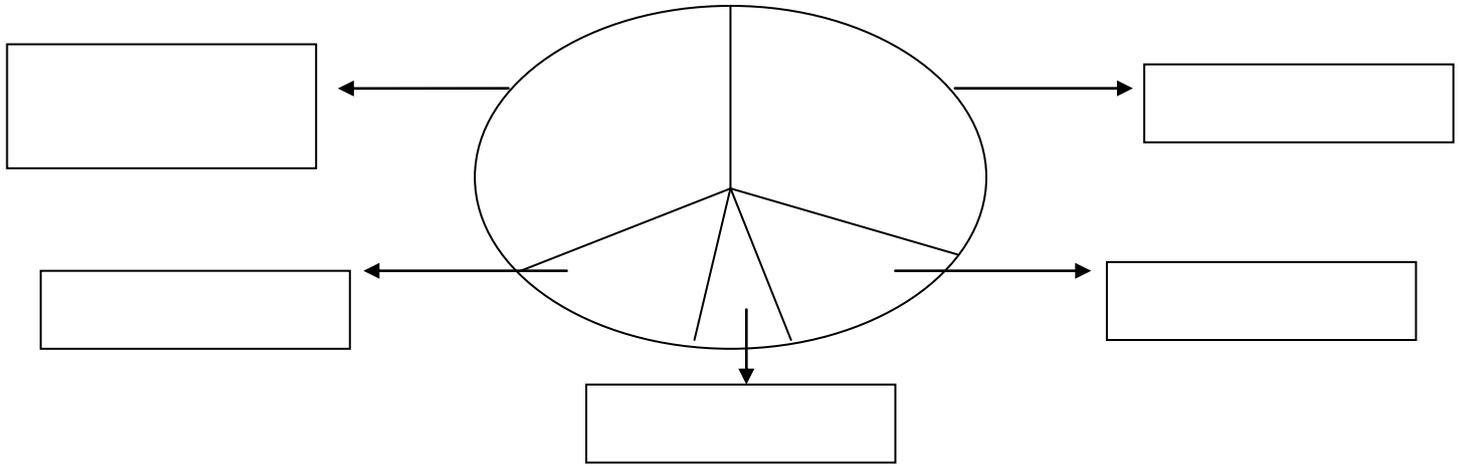
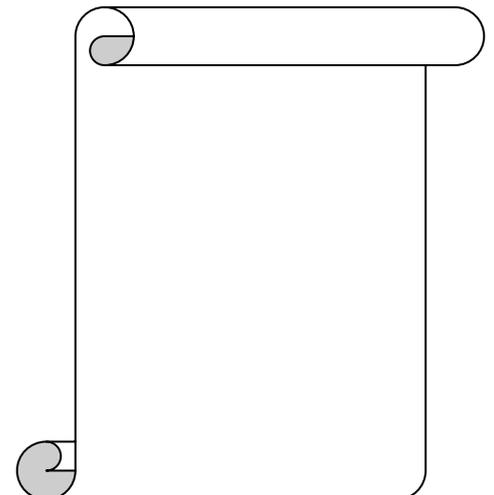
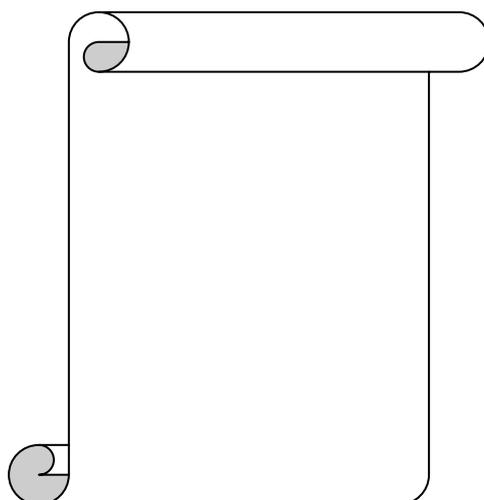
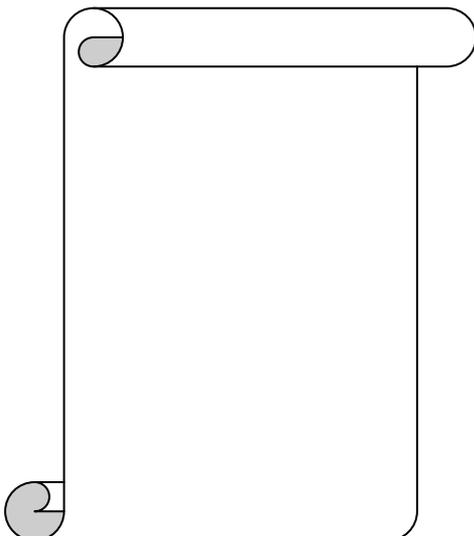
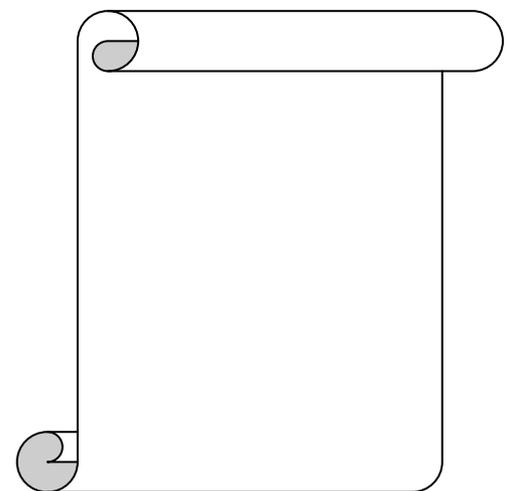
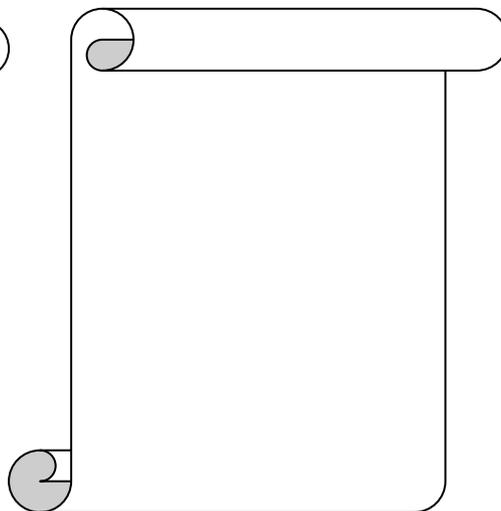
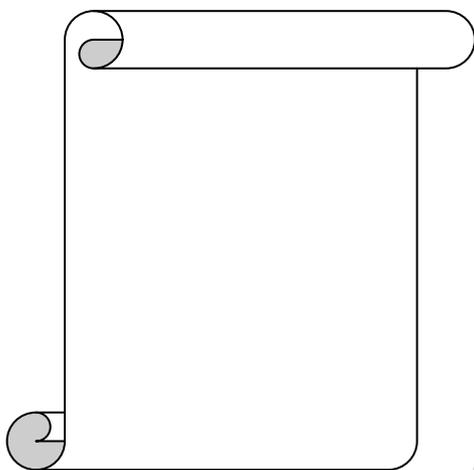


1. Look at the plate below.
Label each section with these food group names:
**Insert pictures in the pie chart*

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