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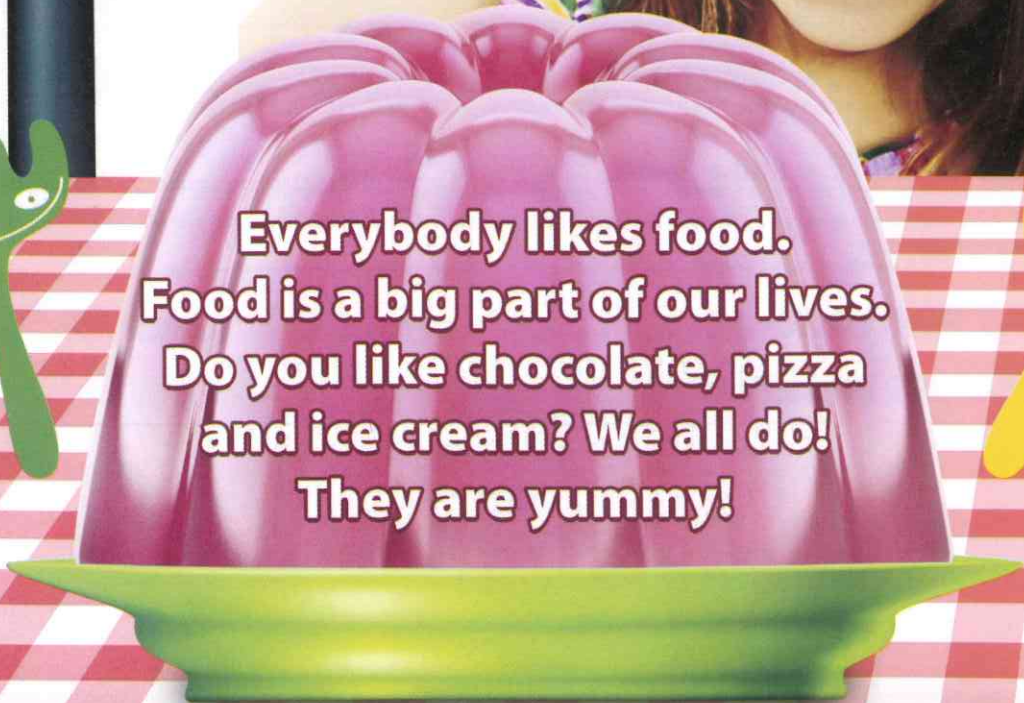


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# LET'S START!



**Everybody likes food.  
Food is a big part of our lives.  
Do you like chocolate, pizza  
and ice cream? We all do!  
They are yummy!**



## Look at the pictures!

Which foods are healthy and good for us?

Which are unhealthy?

Which should we eat only a little of?



# 1

# THE EATWELL PLATE

Hi! I'm

**Super Spud!**

I'm going to tell you all about healthy eating!



Eating healthy food is not difficult. In fact, it is very easy! Take a look at the eatwell plate!

Your body needs foods from each group. This is called a **balanced diet**. Which foods should you eat a lot of?

The smallest section on the eatwell plate means that you do not need a lot of these foods. We call them **empty foods**. They haven't got anything in them that is good for your body!

You don't have to eat the foods from every group all in one meal! You can eat them throughout a day!

# The Eatwell Plate

Fruit and vegetables

Bread, rice, potatoes, pasta



Meat, fish, eggs, beans

Milk and dairy foods

Foods and drinks high in fat and/or sugar

**FAST FACT**

Fast food restaurants use yellow, red and orange because they make you feel hungry!

