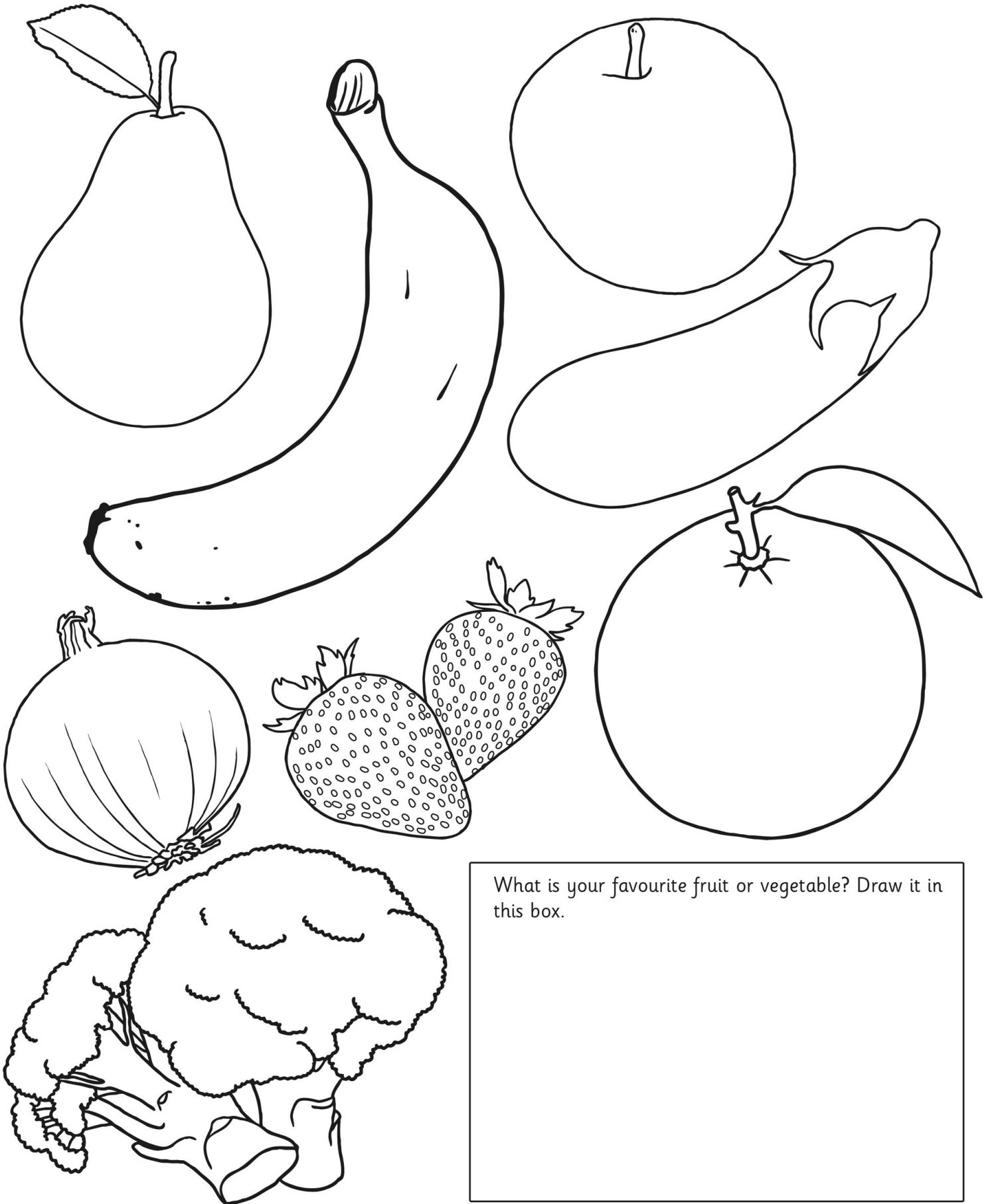


# Fruit and Vegetables

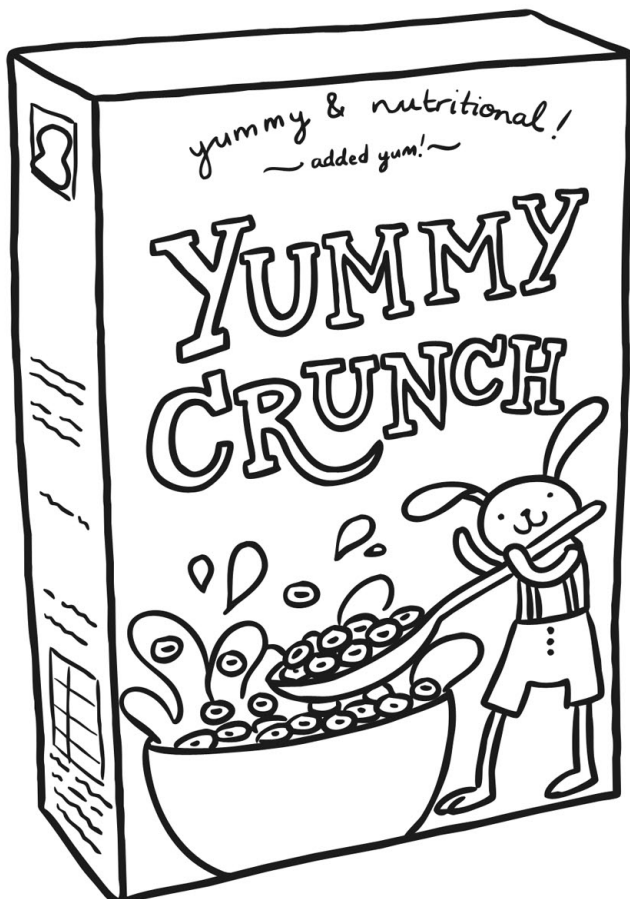
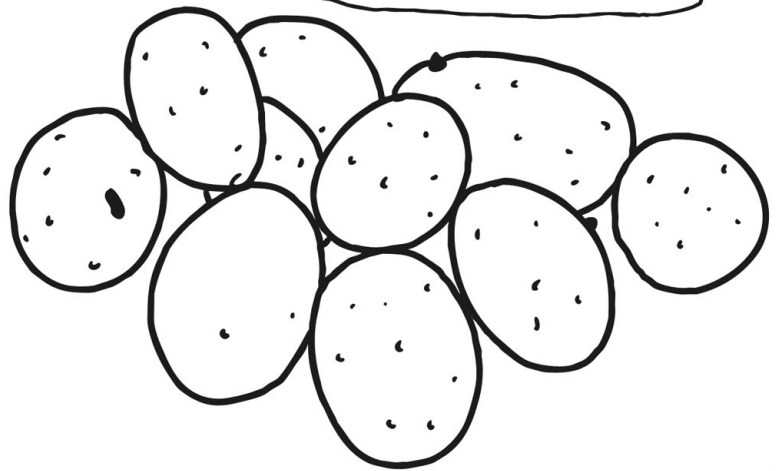
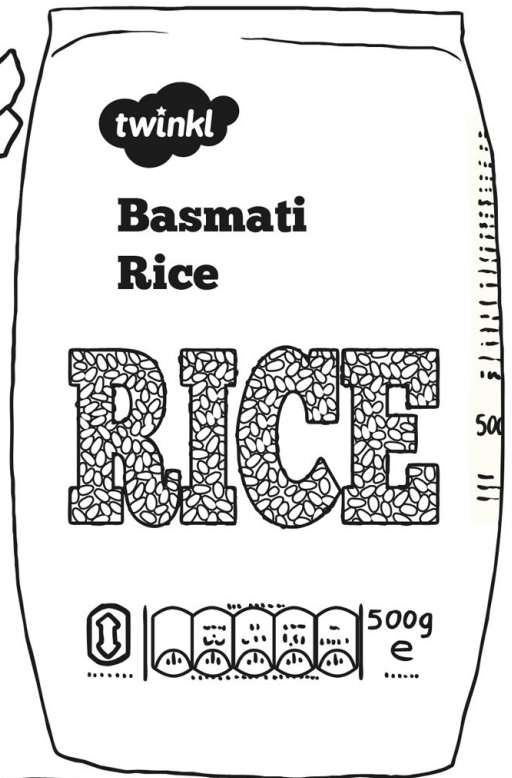
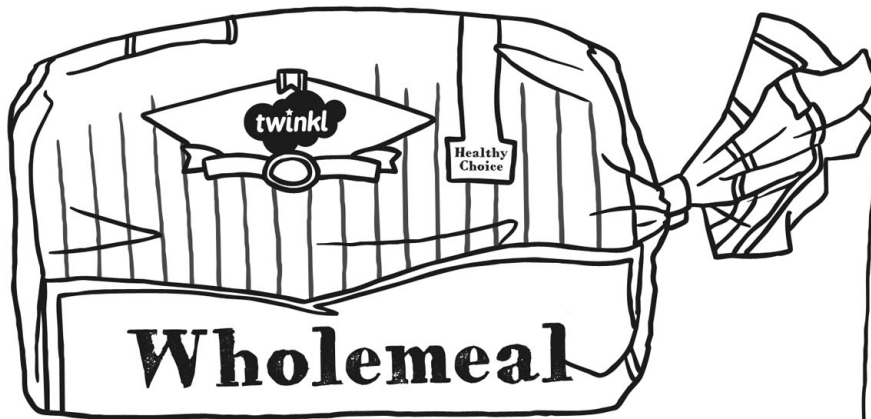
These foods contain lots of vitamins and minerals. Eat at least five portions per day.



What is your favourite fruit or vegetable? Draw it in this box.

# Starchy Foods

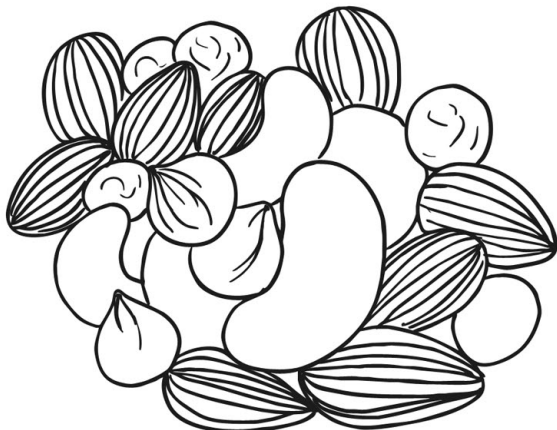
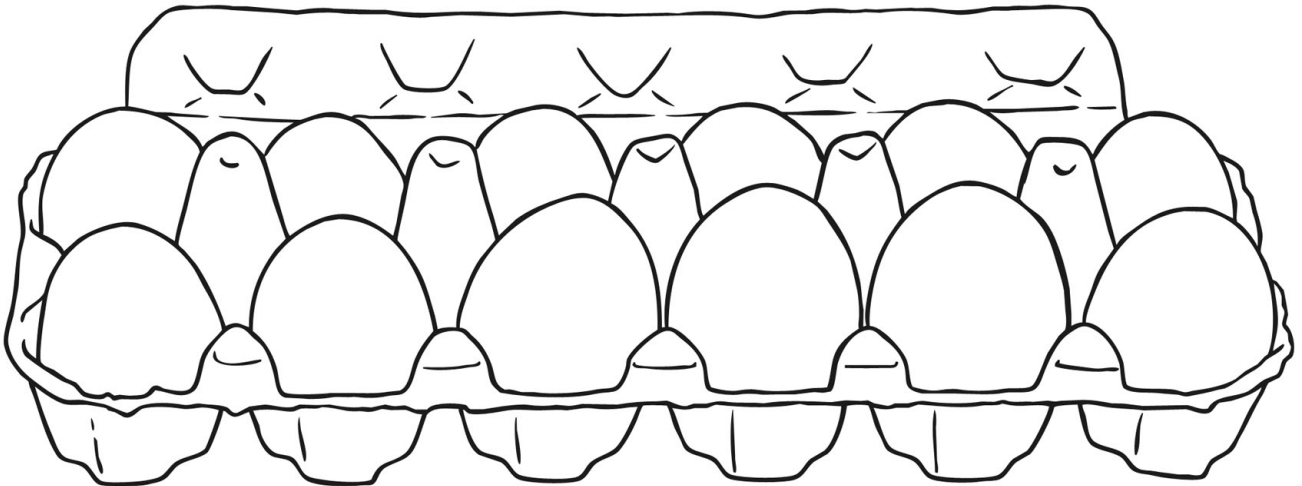
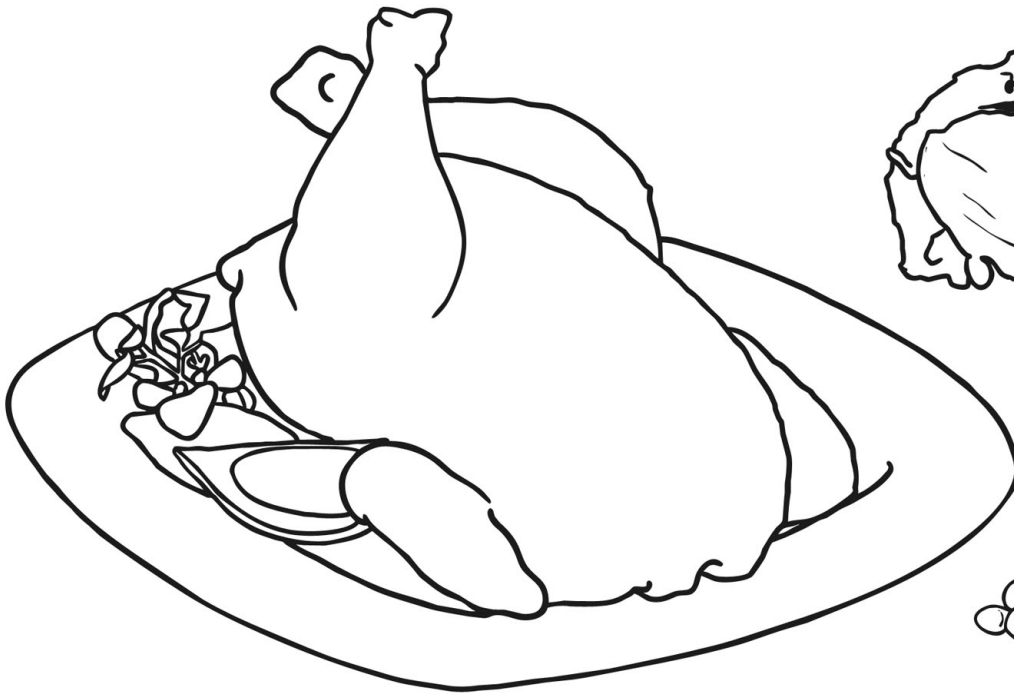
These foods give you energy. Eat some at every meal.



What is your favourite starchy food? Draw it in this box.

# Protein Foods

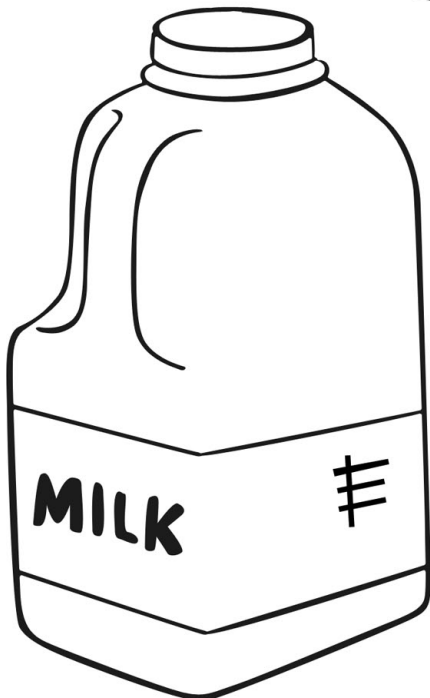
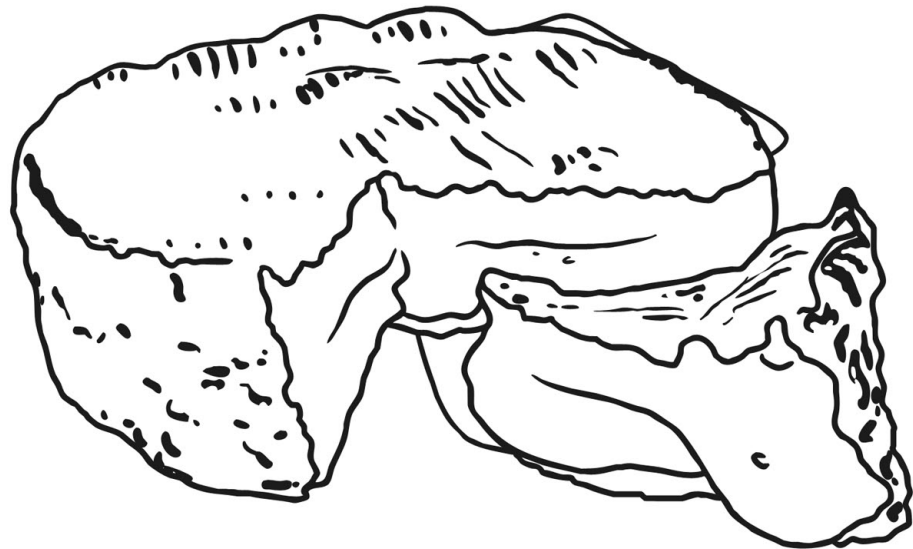
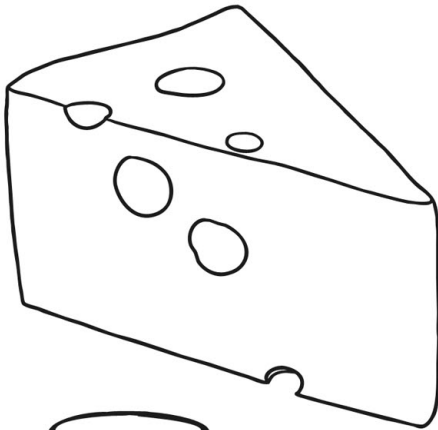
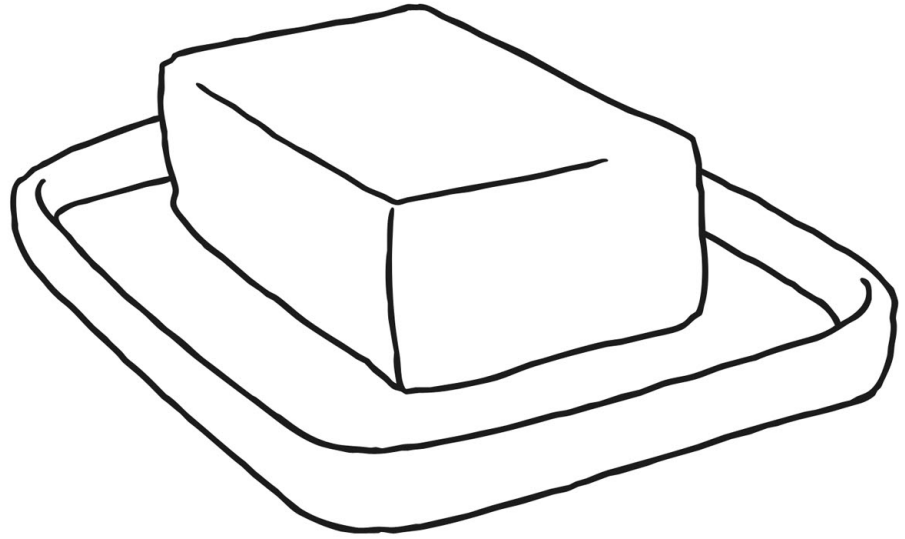
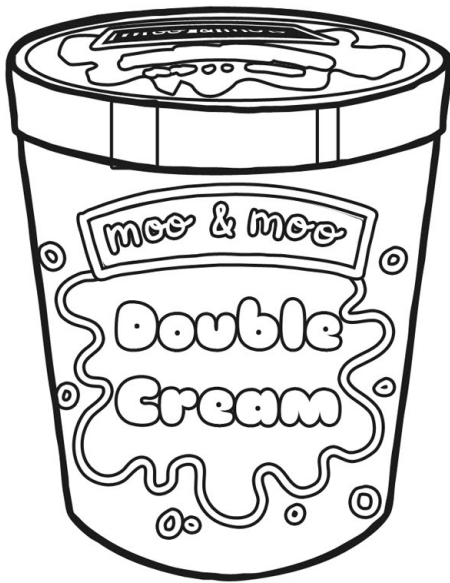
These foods help you to grow and develop. Eat two or three times a day.



What is your favourite protein food? Draw it in this box.

# Dairy Foods

These foods are good for your bones and teeth. Eat 2 or 3 times a day.

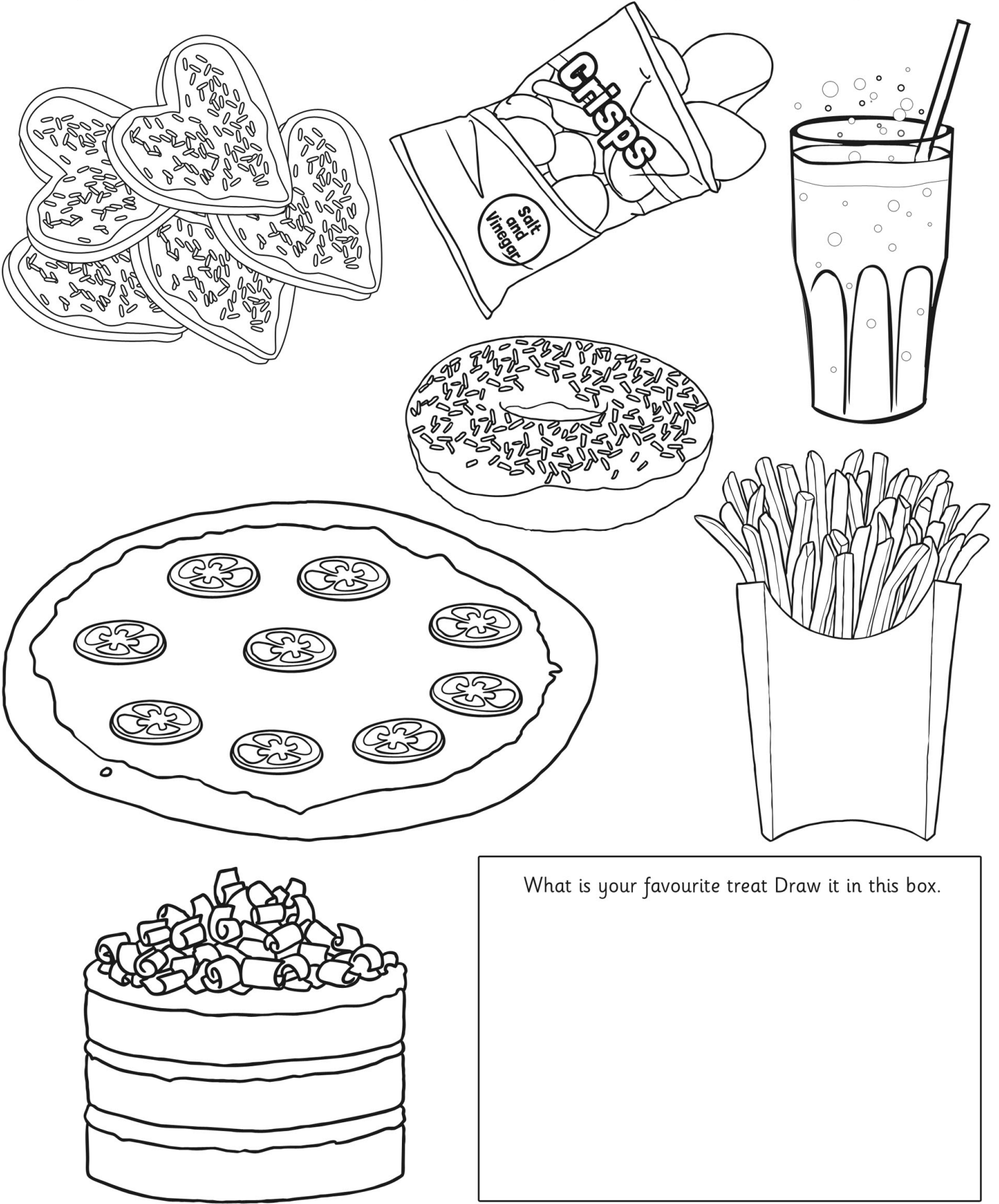


What is your favourite dairy food? Draw it in this box.

A large, empty rectangular box with a thin black border, intended for a child to draw their favorite dairy food.

# Sugary Foods

These foods are tasty but are not good for you. Only have these foods occasionally, as a treat.



What is your favourite treat Draw it in this box.